

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics Junior Indoor Open
(inc. East Wales, South Wales, West Wales & Southwest England Championships)
National Indoor Athletics Centre, Cardiff
Sunday 8th January 2023

Dear athlete,

Thank you for your entry into the above event. The Championships will be held under UKA rules and hold a Level 1 license.

Please find enclosed very important details regarding the competition

PLEASE READ ALL OF THE FOLLOWING INFORMATION VERY CAREFULLY

STADIUM ADDRESS

National Indoor Athletics Centre, Cardiff
Cardiff Metropolitan University, Cyncoed Campus
Cardiff
CF23 6XD

HOME COUNTRY REGISTRATION

Please note that in order to compete at these Championships you must be registered as a member with your Home Country Association.

This is usually done through your club. Welsh Athletics will check the registration of all athletes entered to compete at the Championships. Please contact an official at your club (usually the Club Secretary) if you are unsure as to the status of your registration.

CAR PARKING

Event car parking is available at a cost of 50 pence for an all-day ticket. Parking is available (see page 2) in numerous locations around the university campus, with all car parks within a 2–3-minute walk from the arena. There are disabled parking spaces and must only be used for attendees with a blue badge, there is a drop off and waiting area [max time 20 minutes] after this parking fines will or could be issued by parking management on site.

No parking is permitted roadside outside the arena – police will issue parking fines to anyone parked illegally.

If you are unable to find a fully functioning machine to issue parking tickets, you may use the app for SABA or use the link [Saba Parking | Parking in the UK](#)

**LISTEN
ENGAGE
REPRESENT**



**WELSH ATHLETICS
ATHLETAU CYMRU**

Cyncoed Campus Sports Facilities Map



Car Parking larger sites are inside the purple squares

The outside track car park is also available to use and a 5-minute walk back to the indoor track

Direction shown with purple arrows

There is a path direct from the car park past 'A Block' to the front of the building

**LISTEN
ENGAGE
REPRESENT**



SPECTATORS AND COACHES

SPECTATORS (aged over 11) on each day of the event. Tickets must be purchased in advance using the link below: Spectator Tickets: [Click Here](#)

COACH REGISTRATION

All coaches wishing to attend the Championships with their athletes will need to register no later than 5pm on Friday 6th January using the following link: [Click Here](#)

ARRIVAL PROCEDURE

On entry to the building, spectators will need to provide electronic proof of their ticket purchase.

Athletes should proceed directly to registration on the first floor of the venue.

Turn right at the top of the stairs, registration will be at the far-right hand side alongside a new outside office cube above the long jump pits.

REGISTRATION/REPORTING

Registration will open at 08:30 – **athletes are required to register 90 minutes before their first event start time.** It is the individual responsibility of athletes to report and collect their numbers. We do ask with the new layout and reduced space only athletes visit registration and not parents, only if athletes require help at registration should parents remain with their children

Bibs must be worn on the front and back for all events (apart from the jumping events, where only one needs to be worn.) Two numbers must be worn for track events. Bibs must be worn as issued and must not be tampered with in any way.

WARMING UP

Warming up must take place on the 120m straight up to the presentation area and following the one-way system. Athletes will have sufficient warm-up attempts on-site for field events.

CALL ROOM AND START LISTS

A call room will be in operation for ALL events. Start lists and event results will be viewable online here: [Start Lists & Results](#) Field athletes will only be in the call room for 10 minutes before being taken to the event site for warm-up trials. ALL athletes will need to report 15 minutes prior to leaving the call room, if athletes cannot attend call room due to being at an event site, please inform the Call Room manager on the first time into the call room.

CLOTHING AND BELONGINGS

Competition clothing will be checked for conformity to UKA competition rules (see below). As this event a Regional Championship, athletes **MUST** wear the vest as per rule T5 S1:

“In individual English County, English Area, Scottish District, Welsh Regional and National Championships (but excluding Road Running), athletes must wear the vest of their first-claim affiliated Club, their County Area, District, Regional or National vest, or any other Representative vest approved by UKA”

Athletes competing in the Junior Open element of the competition may wear a vest that does not fall into one of these categories.

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

EQUIPMENT

SHOES

Athlete should study the latest regulations regarding shoes and ensure that their footwear complies. Competition shoes must conform to World Athletics Rule 5 C2.1. You can find the World Athletics rules [here](#). A paper containing instructions on the critical measurement points for shoes is available [here](#).

The referees reserve the right to, and it is a condition of participation that competitors agree that they may take possession of any shoes considered not to conform to this new rule for checking. Athletes found to have worn shoes that infringe this rule will be disqualified. A list of World Athletics approved shoes can be viewed [here](#). The absence of shoes from this list does not necessarily mean they are non-compliant.

SPIKE LENGTH

6mm across both track and field events.

PERSONAL IMPLEMENTS

These must be submitted to the Technical Manager at least 60 minutes before the start of competition.

Only indoor shots are permitted.

Equipment weigh-in will be located inside the stadium next to the Shot Put area.

Materials will be provided to clean implements when they are handed in. They may be collected from the event site on the conclusion of the event, or when athletes are eliminated. As an additional COVID safety measure, UKA Rule 32 S1 which states that an athlete's personal implements may be used by other competitors will be waived for this event.

Starting Blocks

PERSONAL STARTING BLOCKS ARE NOT PERMITTED. A number of stadium blocks will be available for warmups.

SEEDING, LANE DRAWS AND TRIALS

Seeding and lane draws will be conducted according to the principles laid down in UKA Technical Rule 20 and will be based on Personal Bests declared online at the time of entering. Lane draws will take place once athletes have reported to Call Room.

All athletes will have three trials in all field events, except for Pole Vault.

LEAVING THE COMPETITION AREA

All athletes must leave the competition area as directed by Stewards and Officials as quickly as possible after their event and return to the seating area, taking all their belongings with them. This includes after the conclusion of a height in vertical jumps.

After elimination in field events, athletes are requested to depart the competition area to reduce the number of people gathering at event sites.

PRESENTATIONS

Presentations will take place as soon as possible after the event. Please note, **parents will not be permitted access to the ground floor of the arena during presentation ceremonies** and should always remain in the stand.

Presentations will be made to the top three athletes in the East Wales, South Wales, West Wales, and Southwest England Championships.

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

TRIALS AND HEIGHT PROGRESSIONS

Starting heights and progressions will be determined by officials at the event sites.

All athletes will have three trials in all field events except for High Jump.

CLEAN ATHLETICS

For all athletes (and parents/guardians where the athlete is a minor), by entering these Championships, you are agreeing to abide by the following rule/statement:

"I hereby (i) acknowledge that I am bound by UKA's Anti-Doping rules, (ii) agree to provide a urine sample and/or blood sample on request in connection with this event and in accordance with UKA's Anti-Doping rules; and (iii) confirm that I am aged either 18 years or older or have fully completed and returned the U18 Doping Control consent form."

To check the status of registered medicines, please visit www.globaldro.com. For information on the Clean Athletics programme, testing procedures and for a copy of the full UKA Anti-Doping rules, please visit www.uka.org.uk/cleanathletics. For general Clean Athletics queries, please contact enquiries@cleanathletics.org.

COMPETITION ORGANISATION

The following Officials are responsible for each aspect of the competition:

Meeting Manager – xxxxxxxxxxxx

Technical Manager – Nick Higman

Event Manager – Darran Williams

I would like to take this opportunity to wish you the best of luck in your endeavours this weekend.

Yours sincerely,

Rhiannon Hawker
Head of Competition
Welsh Athletics