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WELSH ATHLETICS
ATHLETAU CYMRU

**Welsh Senior & U15 Indoor Championships
Cardiff International sports Campus, Cardiff
Saturday 11th & Sunday 12th June 2022**

Dear athlete,

Thank you for your entry into the above event. The Championships will be held under UKA rules and hold a Level 2 license.

Please find enclosed very important details regarding the competition and the procedures in place.

PLEASE READ ALL OF THE FOLLOWING INFORMATION VERY CAREFULLY

STADIUM ADDRESS

Cardiff International Sports Campus
Leckwith Road
Cardiff
CF11 8AZ

HOME COUNTRY REGISTRATION

Please note that 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 free of charge, but limited space is available at the facility due to a Wales football game taking place on Saturday evening.

We recommend the use of public transport where possible to get to the venue.

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SPECTATORS AND COACHES

Spectator tickets must be purchased in advance using the links below:

Day 1: <https://www.eventbrite.co.uk/e/344179910377>

Day 2: <https://www.eventbrite.co.uk/e/344185998587>

U11's will be admitted free-of-charge and will not need to register prior to attending.

Coach Registration

A number of spaces have been reserved specifically for coaches.

Coaches MUST pre-register for the days they are attending using the links below.

All coaches wishing to attend the event with their athletes will need to register no later than 5pm on Friday 10th June using the following links and will need to present both their ticket QR code and coaching license on arrival at the venue.

Day 1 - www.eventbrite.co.uk/e/344179910377/?discount=COACH

Day 2 - www.eventbrite.co.uk/e/344185998587/?discount=COACH

ARRIVAL PROCEDURE

Gates will open at 9:30am on Saturday 11th and 9:00am on Sunday 12th – entry into the venue is via Gate 'A'

On entry to the venue, spectators and coaches will need to provide electronic proof of their ticket purchase. Athletes should proceed directly to registration which is situated in the centre of the grandstand on the disability platform – this can be accessed via Block 5 of the grandstand.

REGISTRATION/REPORTING

Registration will open at 9:30 on Saturday and 9:00 on Sunday – **athletes should report no later than 90 mins before the timetabled event start time.** It is the individual responsibility of athletes to report and collect their numbers.

We ask that parents and coaches avoid queuing for registration with their athletes.

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

Athletes competing on both days must retain their bib numbers - no new numbers will be issued during the weekend.

Athletes competing on Sunday must return to registration and re-register for their second day events no less than 90 minutes before their first event of the day, any athlete that fails to re-register on Sunday will then not be allowed to compete.

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WITHDRAWAL FROM EVENTS

The following rule (UKA Rule T4) will apply for the duration of the competition:

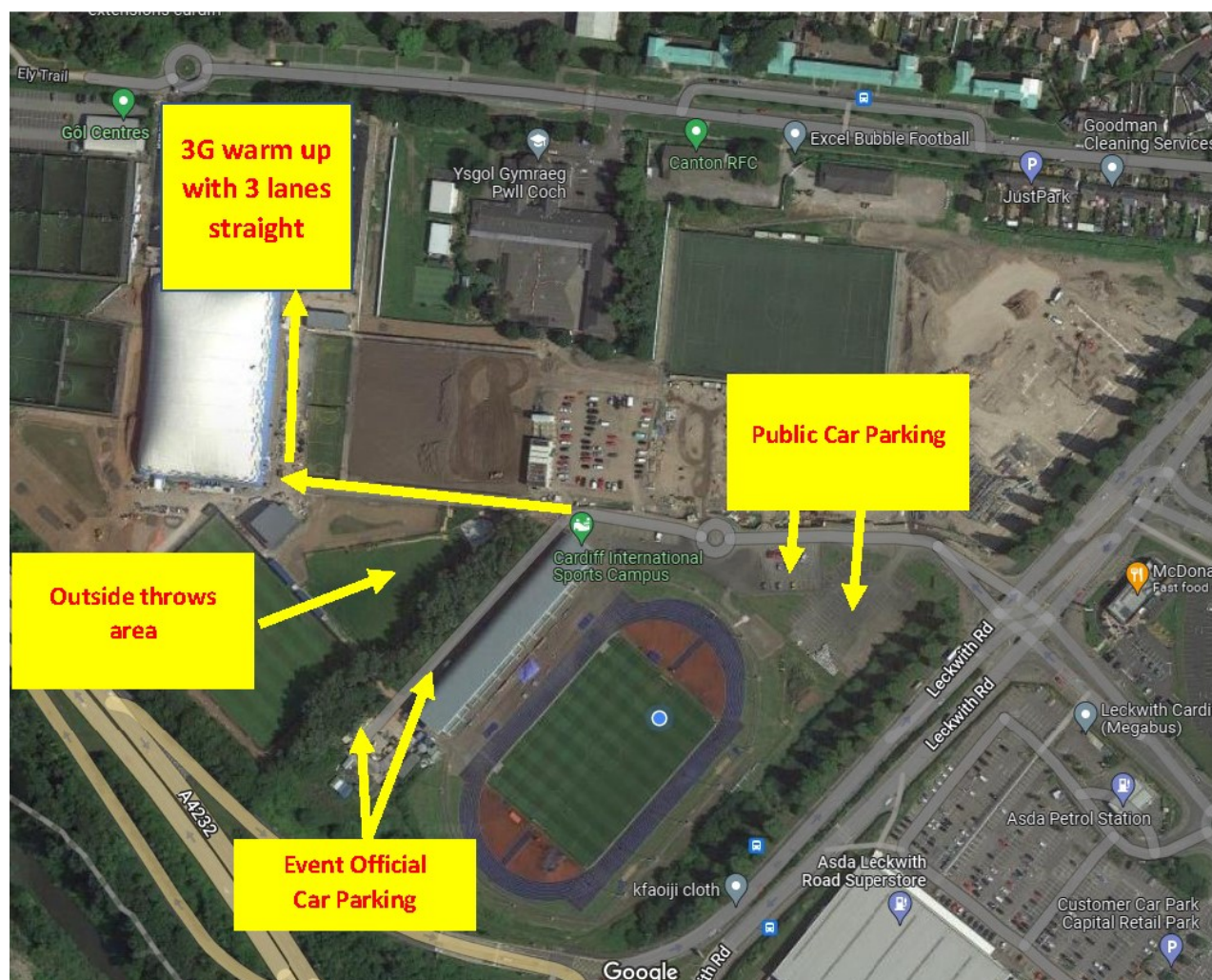
“An athlete shall be excluded from participation in all further events (including other events in which they are simultaneously participating) in the competition, in cases where:

- 1. Final confirmation was given that the athlete would start in an event but failed to participate.*
- 2. An athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further.*
- 3. An athlete failed to compete honestly with bona fide effort.”*

WARMING UP

Warming up must take place on the external 3G pitch (see map below).

Athletes will have sufficient warm-up attempts on-site for field events.



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CALL ROOM AND START LISTS

A call room will be in operation for ALL events over the weekend. Call room will be located at the end of the main home straight finish line in the red marquees.

It is the responsibility of the athlete to ensure they report to Call Room at the correct time. Start lists along with live results will be viewable online here: <https://wales.opentrack.run/en-gb/x/2022/GBR/wa-scjc/event/>

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"

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 work 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, **with the exception of High Jump** where 9mm are used.

PERSONAL IMPLEMENTS

These must be submitted to the Technical Manager at least 60 minutes before the start of competition. Equipment weigh-in will be located in the centre of the stand at Ground Floor level.

STARTING BLOCKS Personal starting blocks are **NOT PERMITTED**. A number of stadium blocks will be available for warmups and the event arena.

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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 Senior athletes will have 3+3 trials in all field events, except for High Jump & Pole Vault. Where in senior field events only except for High Jump & Pole Vault there are only 8 athletes or less, athletes must achieve a valid throw or jump in the first 3 trials to have 3 further trials.

U15 athletes will have three trials in all field events, except for High Jump & Pole Vault.

PRESENTATIONS

Presentations will take place as soon as possible after the event. Please note, **spectators will not be permitted access to the track/competition area during presentation ceremonies** and should remain in the stand to take photographs.

Presentations will be made to the top three athletes in the Welsh Championships. In the Senior competition, in the event of a non-Welsh athlete winning the overall event, an additional gold medal will be awarded. No other non-Welsh athletes are eligible for medal presentations.

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.

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COMPETITION ORGANISATION

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

Competition Director – Sue Maughan
Meeting Manager – Lynette Harries
Technical Manager – Chris Price

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

Yours sincerely,

Rhiannon Linington-Payne
Head of Competition
Welsh Athletics