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**WELSH ATHLETICS**  
ATHLETAU CYMRU

Welsh U14, U16, U20 Championships  
Deeside Stadium, Deeside  
Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> June 2026

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

**\*PLEASE READ ALL OF THE FOLLOWING INFORMATION CAREFULLY\***

**STADIUM ADDRESS**

Deeside Stadium, Kelsterton Rd, Deeside CH5 4BR

**ELIGIBILITY TO COMPETE**

To compete at these Championships, you must be a registered member of your Home Country Association.

**Juniors:** Only athletes affiliated to Welsh clubs or eligible to compete for Wales can compete or medal at these championships.

A non-Welsh Athlete can compete as an 'open entrant' in the U20 Competitions only.

**CAR PARKING**

Car Parking will be available across the whole of the Coleg Cambria site apart from the car park directly outside the Indoor Centre which will be reserved for officials/ staff & volunteers. There is no fee for parking.

**SPECTATORS AND COACHES**

Entry fee to be paid at the entry desk with a cost of £5 per person, £8 for a weekend, £3/6 for students, U18's or over 65's. U11's will be admitted free-of-charge

Spectators must remain in the stand or designated spectator areas, and leave walkways clear at all times.

**Coach Registration**

A number of spaces have been reserved specifically for coaches.

Coaches **MUST** pre-register via the form on the competition webpage

Please bring your coaching license to the venue.

**ARRIVAL PROCEDURE**

Gates will open at 9:30am on both event days. Entry into the venue

Spectators/coaches will need to visit the welcome desk.

Athletes will need to visit registration.

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## REGISTRATION/REPORTING

Registration will open at 9:30am on both event days – **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 front bibs need 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 not be allowed to compete.**

## 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/event site at the correct time. Start lists including call room times per event along with live results will be viewable online here: Start Lists / Results | U14, U16 & U20 age groups

### U20 Athletes only

Please note that reporting late / failure to report to call room will result in a sanction being issued subject to UKA rule TR4.5 as follows;

*'An athlete shall be excluded from participation in any event in which they are not present in the Call Room at the relevant time as published in the Call Room Schedule. They shall be shown in the results as DNS.*

*The relevant Referee will decide on this (including whether the athlete may compete under protest if a decision cannot be made immediately) and the corresponding reference must be made in the official results.'*

### U14 / U16 Athletes

Decisions on an athletes DNS due to Call Room lateness will be made by the relevant referee and not overturned.

## 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"*

## SITE MAP

Warming up can take place on the indoor track. Pole Vault will be taking place indoors next to warm up track area. Athletes will have a minimum of 2 warm-up trials on-site for field events.



## WITHDRAWAL FROM EVENTS

The following rule (UKA Rule TR4.4) will apply for the duration of the competition:

*Failure to Participate 4.4 At all competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, an athlete shall be excluded from participation in all further events (including other events in which they are simultaneously participating) in the competition, including relays, in cases where:*

*4.4.1 final confirmation was given that the athlete would start in an event but then failed to participate; Note: A fixed time for the final confirmation of participation shall be published in advance.*

*4.4.2 an athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further; Note: If the applicable regulations require a Repechage Round, failure to participate in that round is not an infringement of this Rule. NOTE: For the avoidance of doubt, Rules 4.4.2 and 4.4.3 shall apply to all competitions held under UKA rules.*

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*4.4.3 an athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.*

If an athlete wishing to withdraw, please notify registration at least 90 minutes prior to the event start.

## **EQUIPMENT**

### **SHOES**

Athletes 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](#).

The Referee reserves 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 may be disqualified at the discretion of the Referee. 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, except for High Jump where 9mm must be used and javelin where 9mm can be 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 at the start of the 100m straight, in the white containers. Athletes can only weigh in a maximum of 2 implements.

### **STARTING BLOCKS**

Personal starting blocks are not permitted. A number of stadium blocks will be available for warmups and the event arena.

Use of starting blocks will be mandatory for the U20 age-groups up to and including 400m, unless not applicable for the athletes para classification under the WPA rules.

## **SEEDING, LANE DRAWS AND TRIALS**

Seeding and lane draws will be conducted according to the principled laid down in UKA Technical Rule 20 and will be based on Personal Bests listed on Power of 10. Lane draws will take place once athletes have reported to Call Room.

In all able-bodied field events (except High jump & Pole vault) all U20 athletes will get 3 trials with the top 8 getting an additional 3. If there are 8 or fewer athletes, all will receive 6 trials.

In para events all athletes will receive 6 trials in line with WPA rules.

U14 & U16 athletes will have three trials in all field events, except for High Jump & Pole Vault.

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## 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 U20 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.

In an event of no Welsh athletes making the final, medals to the top three Welsh Athletes will be decided from 3 best in previous round. If only 1 or 2 Welsh athletes make the final medals will only be awarded to those athletes and no other medal from previous round will be awarded.

These are Para age group Championships for U14, U16 and U20s. Senior Para athletes can enter but as an open competition, Senior Para Championships will be at Cardiff on the 27<sup>th</sup>/28<sup>th</sup> June.

## PROTESTS

There will be no jury of appeal. Individual discipline referees will consider any relevant information available to inform their decision. **The Referees decision is final.**

No athletes will be allowed to run under protest. **The Start Coordinators decision is Final.**

In order to make a protest, you must report to registration, who will in turn contact the management team.

## CLEAN ATHLETICS

*'All entrants shall be deemed to have made him/herself familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.'*

*The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the entrant is a citizen of, or resident in, the UK'.*

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](http://www.uka.org.uk/cleanathletics).

## OFFICIALS

The event is organised by Welsh Athletics.

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

Meeting Manager – Martin Bell

Technical Manager – Cath Mcgrath

Event Manager – Robert Champion

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

Robert Champion,  
Competition Organiser – Welsh Athletics