



Middlesex County Athletics Association

President : Bill O'Connor (Queens Park Harriers)

From:

Major Carr,

Championships Officials Secretary

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Dear Athlete

Thank you for your entry to our Centenary track and field championships on the 14th and 15th May 2022 at Lee Valley. We hope it is memorable as the County will be celebrating 100 years of organizing athletics in the County.

The address is : **Lee Valley Athletics Centre, Meridian Way, Edmonton, N9 OAR**

There is free parking all day at the centre, however part of the car park may still be being used as a Covid test Centre, please follow signs and instructions from any stewards.

If you require public transport the W8 Bus terminates at the Centre. If using National Rail, which connects to the London Underground at Tottenham Hale (Victoria Line), the suggested route is to Edmonton Green Station and then take and then W8 bus (takes approx. 15 mins).

For those of you travelling by road to Lee Valley from the north, please be aware there have been delays at the M25/A10 Junction 25 for some months now. These are supposed to be finished soon but please check the latest information at: <https://nationalhighways.co.uk/our-work/south-east/m25-junction-25-improvements>.

There is currently no public catering available in the Athletics Centre, although there may be some available in the nearby Cinema, you are recommended to bring your own food and drink if you need it.

A timetable of the events is attached.

Please note the following important information:

1. You must report to the Registration Desk at least an hour before your event and collect your numbers. If you have entered more than one event, ensure you advise at registration all the events you will be competing in. If you have not registered in adequate time you will not be allowed to compete.
2. Numbers must be worn on your chest and the other on your back and be clearly visible when competing i.e. on the topmost clothing. In the Pole Vault and High Jump, one number only may be worn on your chest. Please bring your own pins.
3. If there are insufficient entries for heats on the day, the event will be run as a final, at the time stated for the Heats. Under UKA rule 2022-22 rules, page 100, section 4.4 you can withdraw from a heat even if you have declared as long as you give notice to Registration before the seeding draw has been issued. You cannot withdraw from a semi-final or final if there have been qualifying



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rounds. If you withdraw without giving notice for a heat or fail to compete in a subsequent round you have qualified for you will be prohibited from competing in any other event, either track or field.

4. There will be no call room on either days, please report direct to the start of the event – for track races at least 10 mins before and for field events, sufficient time beforehand to warm up. If you are competing in over-lapping events please ensure you have registered in both events and let the lead official know.
5. Club or representative vests must be worn when competing.
6. All footwear must be compliant with UKA regulations.
7. Medal presentations will be held as soon as possible after each event once the result is confirmed. Results will be displayed at the back of the main stand, athletes should wait here to be taken to the medal podium.

Kind regards

Major