

Hertfordshire, Kent and Middlesex Indoor Championships

Lee Valley Athletics Centre – Sat/Sun 16th/17th March 2024

Notes for Competing Athletes – Please read carefully – It concerns you!

Athletes should report to Athlete Registration at least one hour before their event. (75 minutes for Pole Vault)

Numbers should be worn front and back as issued, except for the High Jump, Long Jump, Triple Jump and Pole Vault. Please bring your own pins.

Club or representative vests must be worn, or clothing acceptable, under UKA rule T5 S1.

Athletes who have entered more than one track event must ensure that they confirm their intention to compete in each event to Athlete Registration at least one hour before each of their events. This is most important for seeding purposes.

If you are competing on both days you must keep your number and report again on Sunday.

If you need to withdraw after qualifying for a 2nd round or final, you must inform the referee for that event and you then will NOT be able to compete again during these championships as per UKA rule 4.4.2.

All athletes must report to the call room area at the northern (cinema) end of the track as indicated on the displayed call room schedules. Field event athletes will be escorted to their event by an Event Official.

All athletes in the Long Jump, Triple Jump and Shot may have 4 attempts.

Take off boards : SM 11/13, U20M 9/11, SW U20W U17M U17W U15W U15B 7/9.

Christmas Tree spikes only can be used with a maximum spike length 9mm

If insufficient athletes report in Track events, the finals will go at the heat times; similarly, if no semi-finals are required the final will go at semi-final time.

Stadium starting blocks only may be used.

Disability athletes will be issued a block setting card in the Call Room to enable the marksmen to set their blocks, if requested.

There will be no warming up on the circular track. All athletes may warm up on the sprint straight upstairs or on the Outdoor track. No spectators will be permitted on the circular track.

Medals will be presented to athletes as soon as possible after each event. Potential medallists should report to the presentation area immediately after their event. This area will be situated next to the Announcers table. Track medal presentations will only take place after the Track Referee and Photofinish have agreed and published the results. Field event medallist will be escorted to presentation from their event.

Ample car parking is available free of charge at the stadium.

There is NO public catering available, except for drinks/snacks machines. There may be some catering available at the nearby Cinema Complex.

Travel

Information on how to reach the Lee Valley Athletics Centre can be obtained from the Lee Valley Regional Park's website – www.leevalleypark.org.uk 0208 344 7230

Outstanding Entry Payments

All competitors yet to pay their entrance fee should do so direct to the County:- Middlesex AA, 30-99-78 00033980

Middlesex AA Championship Secretary:-

Contact: Simon Baker 07951 887385 simonbaker76@gmail.com

Terms and conditions:

As a competitor you declare that you are eligible to compete in the County Championship as indicated in the prospectus

All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti[1]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.