

**WEST WALES INDOOR ATHLETICS CHAMPIONSHIPS 2023**  
**SWANSEA UNIVERSITY INDOOR ATHLETICS TRACK, SKETTY LANE**  
**EVENT WEEKEND INFORMATION**

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**EVENTS BY DAY -**

Saturday 18th February – Long Jump, Triple Jump, High Jump & Pole Vault

Sunday 19th February – 60m, 60m Hurdles & Shot

**DAY 1 – SATURDAY 18TH FEBRUARY (Field – Jumps)**

- Please arrive no later than 20 minutes before reporting time to register and collect number and pins.
- Report directly to the event for warm up: 30 minutes (LJ/TJ/HJ) and 60 minutes (PV) before start time (as shown on the timetable)
- Long Jump & Triple Jump: U11, U13 & U15 athletes will have three trials. U17, U20 & Senior athletes will have four trials.
- West Wales medals to the top three in each age group and event.
- Medals will be presented at the field event locations by our volunteer officials.
- Note that Swansea University has this year implemented a maximum capacity for people in the venue to comply with new fire regulations, therefore we will have to restrict competitors to one parent/guardian each.
- Volunteers will be required to help with registration and on field events, supporting the qualified officials, please offer your assistance if you are able to help.

## **DAY 2 – SUNDAY 19TH FEBRUARY (Track & Shot)**

- Please arrive no later than 20 minutes before reporting time (shot) / call room time (track) to register and collect number and pins.
- Maximum 6 competitors in each 60m sprint race.
- Maximum 4 competitors in each 60m hurdles race.
- Qualification for track FINALS will be the fastest 6 times in 60m and fastest 4 times in 60m hurdles for all age groups (where required).
- Track finals will be run at heat times if there are not enough competitors for heats on the day.
- Track event athletes must be in the warm up / call room area no later than 10 minutes before start time.
- Track events will be seeded once athletes have reported to call room.
- If an athlete has a track and a field event at the same time, please sign in at the shot before competing in the track event. Athletes can then return to the shot to complete their trials.
- Shot: U11, U13 & U15 athletes will have three trials. U17, U20 & Senior athletes will have four trials.
- Shot athletes should report directly to the event for warm up at the 'reporting time' shown on the timetable.
- Numbers to be worn on the front and back for all track events.
- West Wales medals to the top three in each age group and event.
- Medals will be presented at the field event locations and at the finish line for track events by our volunteer officials.
- Note that Swansea University has this year implemented a maximum capacity for people in the venue to comply with new fire regulations, therefore we will have to restrict competitors to one parent/guardian each.
- Volunteers will be required to help with registration and on field events, supporting the qualified officials, please offer your assistance if you are able to help.

### **PARKING**

Please note that parking will be busy at the Sports Park throughout the weekend. As a result, those attending this weekend's athletics are asked to park at the **Singleton Park Staff Car Park**, shown on the map below.

