

West Wales Regional Athletics Championships 2023 - Information / Gwybodaeth

Carmarthen Athletics Track – Sunday 14th May



GENERAL & FACILITIES

- **All athletes will need to sign in to collect their numbers and pins at least 1 hour before their first event.**
- **Athletes will report directly to the event site – track events 10 minutes and field events at the time shown on the timetable.**
- **Long Jump, Triple Jump, Shot, Discus, Javelin & Hammer: Due to the number of entries, athletes will have three trials each in throws and jumps, excluding vertical jumps.**
- **Toilet facilities are available inside the leisure centre.**
- **There are two stands at the track, or spectators can bring their own chairs/tents with space situated around the track.**
- **Parking is available at the leisure centre, with overflow parking situated at Queen Elizabeth High School (first left on the main road, up from the leisure centre entrance)**
- **If an athlete has a track and a field event timetabled at the same time, please sign in at the field event before competing in the track event. High Jump and Pole Vault athletes will re-join the event at whatever height the bar has increased to.**

- 100m / 200m: Qualification from heats to finals

2 heats: First 3 plus the next 2 fastest to final = 3Q & 2q

3 heats: First 2 plus the next 2 fastest to final = 2Q & 2q