

Welsh Junior League 2 (West Wales Division)

Information / Gwybodaeth



Carmarthen Leisure Centre Athletics Track – Saturday 17th June

GENERAL & FACILITIES

- Car parking for the athletics event is situated at Queen Elizabeth High School (first left on the main road, up from the leisure centre entrance)
- Toilet facilities are inside the leisure centre. First aid will be provided on site.
- Refreshments will be on sale in the catering portacabin and leisure centre café.
- There are two stands at the venue, or spectators can bring their own chairs/tents with space situated around the track.
- Come prepared – drink plenty of water (on sale), wear a hat and apply sun cream.
- It is the responsibility of each athlete to register by arriving at least 1 hour before your first event. Each athlete will be provided with 2 x numbers, 1 front and 1 back. Registration will be situated through the cabin window.
- Report to events 10 minutes (track) and 20 or 30 minutes (field) / 45 minutes (pole vault) before timetabled start time. Please listen out for announcements.
- A list of shoes / spikes allowed at events are listed here
<https://www.carmarthenharriers.co.uk/media/4058/world-athletics-approved-shoe-list-as-at-2-june-2-2.pdf>
- Athletes will have three trials each in all javelin, shot, discus, hammer, long jump and triple jump field events.
- Officials / volunteers to sign in on arrival. Officials' refreshments will be available.
- Due to the West Wales division offering a full event programme for athletes, *event clashes for some disciplines are unavoidable*. *U13B competing in javelin and long jump (starting at 14:15 and 14:30) and *U15G competing in javelin and long jump (starting at 15:45) can alternate between these events on the day. 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. Athletes can then return to complete their trials. High Jump and Pole Vault athletes will re-join the event at whatever height the bar has increased to.
- Team managers may select and enter relay teams in each age group on the day. Please speak to your club team manager if you'd like to be in a team. Mixed teams will also be permitted for athletes wanting to get involved as this is a fun element of the competition.