

# West Wales Regional Athletics Championships 2024 - Information / Gwybodaeth

Swansea University Track – Sunday 12th May



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## GENERAL & FACILITIES

- All athletes will need to sign in to collect their numbers and pins at least **1 hour before their first event, upstairs in the white pavilion** by the 100m start line. Each athlete will be provided with 2 x numbers, 1 front and 1 back.
- Toilet facilities are in the pavilion. First aid will be provided on site.
- Refreshments will be on sale upstairs in the white pavilion (next to registration).
- Medals will be presented to the top three athletes in each age group & gender in each event discipline. Masters compete in the Senior age group at these championships including using the senior throwing implement weights.
- There's a stand at the venue, or spectators can bring their own seating on the grassed area in the Mumbles end.
- Car parking for the athletics event is available in Singleton Hospital Staff Car park (image below), or the pay and display car park at the swimming pool.
- 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.
- Long Jump, Triple Jump, Shot, Discus, Javelin & Hammer: U13 & U15 will have three trials each. U17, U20 & Senior athletes will have four trials each.

- 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 if time allows. 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**

