

# Welsh Junior League - West Wales 3

## Information / Gwybodaeth



***Carmarthen Leisure Centre Athletics Track – Sunday 14th July***  
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## **GENERAL & FACILITIES**

- Car parking for this 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.
- 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 announcer/results portacabin window.
- Report to events 10 minutes (track) and either 20 or 30 minutes (field) before timetabled start time. Please listen out for announcements.
- Athletes will have three trials each in all javelin, shot, discus, hammer and long jump field events.
- Due to the West Wales league offering a full track and field event programme for athletes, *event clashes for some disciplines are unavoidable*. 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.
- Thank you to all the parents and club officials who have offered to help with officiating duties. Please sign in in the portacabin. Tea/coffee and packed lunches will be available in the catering portacabin. Parent volunteers may be required to help with an event that your athlete is competing in, supporting the qualified officials

with raking or retrieving. Please offer your assistance if there is a call out.

- 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.