

West Wales Regional Athletics Championships 2026 - Information / Gwybodaeth

Carmarthen Athletics Track – Sunday 10th May



GENERAL & FACILITIES

- We have received a high number of entries, Parent volunteers will be required to help with an event that their athlete is competing in, supporting the qualified officials with simple tasks such as raking the pit and replacing the bar.
- All athletes will need to sign in to collect their numbers and pins at least **1 hour before their first event, outside the announcers cabin**. Each athlete will be provided with 2 x numbers, 1 front and 1 back.
- Toilet facilities are available inside the Leisure Centre, including a disabled toilet near the entrance. First aid will be provided on site.
- Refreshments will be on sale trackside and the Leisure Centre café.
- 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 are two stands at the venue, or there is space for spectators to bring their own seating.
- Car parking for this athletics event is available at **Queen Elizabeth High School SA31 3NL** (first left before the Leisure Centre entrance). Officials parking available at the Leisure Centre.

- Report to events 10 minutes (track) and 20 or 30 minutes (field) / 30 minutes (pole vault) before timetabled start time. Please listen out for announcements.
- Long Jump, Triple Jump, Shot, Discus, Javelin & Hammer: U12 U14 & U16 athletes will have three trials each. U18, 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. High Jump and Pole Vault athletes will re-join the event at whatever height the bar has increased to.

START LISTS & LIVE RESULTS

Event Results will be available online (using the OpenTrack platform)

Scan the QR code or go to:

<https://data.opentrack.run/en-gb/x/2025/GBR/ww-outdoor26/event/>