



SPRING OPEN GRADED MEETING - SUNDAY 7th APRIL 2019

At Thames Valley Athletic Centre, Pococks lane, Eton, SL4 6HN

IMPORTANT INFORMATION

Please ensure you are conversant with the following information. WSEH A.C. cannot be held responsible for problems experienced on the day due to a lack of understanding of the process.

On the day the WSEH clubroom will be available for athlete registration & picking up numbers only. For the remainder of the time, the room is for officials only. PLEASE HONOUR THIS DIRECTIVE.

ATHLETE REGISTRATION: Athletes must register and collect their numbers no later than ONE HOUR before their first event – **Please ensure that you bring along a copy of your entry confirmation email.** LATE REGISTRATIONS CANNOT BE ACCEPTED DUE TO LEAD TIME REQUIRED FOR GRADING, ETC., **so do ensure you allowtime for you journey to TVAC.**

NO ENTRIES OR EVENT SWAPS CAN BE ACCEPTED ON THE DAY. Please plan your event entries around the timetable on our website.

PERSONAL THROWING IMPLEMENTS: Must be weighed in at least 1 Hour before the relevant event. Athletes who arrive late will have to use the equipment provided by the competition organisers.

ALL EVENTS: Athletes must ensure they are at their event 15 minutes before its start time, in readiness for call up. No event will be delayed for late comers.

COMPETING ATHLETES ONLY ARE ALLOWED IN THE COMPETITION AREA.

TRACK EVENTS: It is the responsibility of athletes to listen for the marksman's call up to race.

FIELD EVENTS: Field events will start at the time stated on the timetable, with warm up rounds occurring in advance of that time. The onus is on athletes to arrive at the event with enough time to measure run ups and participate in the warm up rounds. Late comers will be unable to have practice throws / jumps.

LONG JUMP: ENTRIES WILL BE LIMITED TO THE FEASIBILITY OF ONE PIT, unless we find additional officials to run a second pit. Willing officials should contact: **Either Val OR Irene ??**

IF WE CAN ACCEPT A LARGE NUMBER OF LONG JUMP ENTRIES - competitors will be split into pools and two pits used at the same time. We ask athletes to be aware of what is happening, listen for their name being called and remain in their designated pool. Long Jump pools will start at the time stated on the timetable. You must register in time to complete preparations and practice by the start time.

HEALTH & SAFETY:

- Officials and competing athletes only, are allowed in the competition area.
- Athletes must NOT use electronic equipment e.g. phones, i-pods etc. within the competition areas. Any athlete found doing so will be asked to leave the area and may be liable to disqualification.

REFRESHMENTS: There will be refreshments on sale from the WSEH canteen at very reasonable prices. Please note that sales will be at the outside serving hatch only. The inside hatch is for registered officials.

PARKING: Parking at TVAC is limited and should the weather be inclement, overflow parking on the Eton playing fields may not be available. Please allow enough time to find parking on nearby roads, should that be the case.

We look forward to seeing you at our Open Meeting and hope you have an enjoyable & successful day.