



Winter Indoor Open Graded Meeting – Sunday 8th January 2023
At Thames Valley Athletic Centre, Wallace Walk, 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.

The WSEH clubroom will be available for athlete registration & picking up numbers, located upstairs near the canteen. **Due to the refurbished track No food or drink is allowed within the indoor area, water is allowed.**

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 REGISTRATION CANNOT BE ACCEPTED BECAUSE OF THE LEAD TIME REQUIRED FOR GRADING, ETC., ensure you allow time for you journey to TVAC. NO ENTRIES CAN BE ACCEPTED ON THE DAY.

ALL EVENTS: Athletes must ensure they are in the indoor arena in readiness for call up for their event. No event will be delayed for late comers.

FINAL TIMETABLE: Track – 12.00 60m 1st Round, 2pm 60m 2nd Round. Athletes can only run the 2nd Round if they have run the 1st Round. Field – 12.00 Pole Vault 2.30pm Long Jump.

TRACK EVENTS: It is the responsibility of athletes to listen for the marksman's call up to race, 15mins before start time. Start Lists will be put up to view prior to the start of the 1st round. It is the responsibility of the athlete to monitor the timings for each race to ensure they don't miss their call and race. For the 2nd round 60m's all athletes must register at the Start at 1.45pm. The start lists will be created dynamically for the athletes wishing to run the 2nd round, being called fastest first for those physically present.

FIELD EVENTS: The Pole Vault starts at 12.00 and the Long Jump at 2.30pm, with warm up rounds occurring in advance of that time. The Pole Vault Warm up time is from 11.30am. The Long Jump is from 2.10pm. Late comers will be unable to have practice jumps/vaults.

HEALTH & SAFETY:

- Only Officials and competing athletes are allowed in the competition area, no Coaches or Parents.
- 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. We accept both cash and electronic payment.

PARKING: Parking at TVAC is limited. Please allow enough time to find parking on nearby roads, should that be the case. The car park is a paying system, for the competition the car park is free.

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