



**Winter Indoor Open Graded Meeting – Sunday 5<sup>th</sup> March 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 1<sup>st</sup> Round, 2.15pm 60m 2<sup>nd</sup> Round. Athletes can only run the 2<sup>nd</sup> Round if they have run the 1<sup>st</sup> Round. Field – 11.45am High Jump 2.15pm Triple 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 1<sup>st</sup> round. It is the responsibility of the athlete to monitor the timings for each race to ensure they don't miss their race. For the 2<sup>nd</sup> round 60m's **ALL ATHLETES** must register at the **Start at 2pm**. The start lists will be created dynamically for the athletes wishing to run the 2<sup>nd</sup> round, being called fastest first for those physically present. Any athletes not at the start at 2pm will be removed from the start list. If an athlete isn't running the 2<sup>nd</sup> round of 60m's please inform the registration desk as it helps with the seeding.

**FIELD EVENTS:** The High Jump starts at 11.45am and the Triple Jump at 2.15pm, with warm up rounds occurring in advance of that time. The High Jump practice jumps are from 11.15am. The Triple Jump is from 1.45pm. Late comers will be unable to have practice jumps.

### **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.