



Winter Indoor Open Graded Meeting – Sunday 7th January 2024
At Thames Valley Athletic Centre, Wallace Walk, Pococks lane, Eton, SL4 6HN

IMPORTANT INFORMATION

Please ensure you read and understand 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. **Registration opens at 10am.**

ATHLETE REGISTRATION: Athletes must register and collect their numbers no later than ONE HOUR 15 MINUTES 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., **allow plenty of 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. **COMPETING ATHLETES ONLY ARE ALLOWED IN THE COMPETITION AREA.**

FINAL TIMETABLE: will be available on the WSEH AC website in the week leading up to the meeting.
<https://wseh.co.uk/windsor-slough-eton-hounslow-athletic-club-2023-2024-winter-season-indoor-open-meetings/>

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 first rounds. It's the responsibility of the athlete to monitor the timings for each race to ensure they don't miss their call up and race. 60m sprints are run fastest first. Start times: 11.30am – 60m H. 12.00 – 1st round 60m/ 2.15 – 2nd round 60m. If an athlete isn't planning on running the 2nd round **please inform the registration desk**, to assist with the seeding for the 2nd rounds. We don't want races with only 1 or 2 people in!

FIELD EVENTS: Pole Vault starts at 11.45am & Long Jump at 2.30pm, with warm up rounds occurring in advance of that time. The Pole Vault Warm up time is from 11.00am. The Long Jump warm up time is from 2pm. 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 jumps.

- 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. We are able to accept both cash and electronic payment.

PARKING: 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. Don't enter car registrations into the car parking machine or you will get charged, we have no access to the machines and are unable to assist if charged.