



**Winter Indoor Open Graded Meeting – Sunday 2nd March 2025**  
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 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. Long Jump registration cut off is 1pm.**

**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-2024-2025-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: 11.30 – 60m Hurdles. 12.00 – 1<sup>st</sup> round 60m/ 2.15 – 2<sup>nd</sup> round 60m.** If an athlete isn't planning on running the 2<sup>nd</sup> round **please inform the registration desk by 1pm!!**, to assist with the seeding for the 2<sup>nd</sup> rounds. We don't want races with only 1 or 2 people in!

**FIELD EVENTS:** **High Jump starts at 12.00 & Long Jump at 2.30pm**, with warm up rounds occurring in advance of that time. The High Jump Warm up time is from 11.15am. 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.
- There will be a spectating area for HJ, spectators must remain in the allocated area.
- Athletes must NOT use electronic equipment e.g. phones, i-pods etc. within the competition areas.
- **REFRESHMENTS:** There will be refreshments on sale from the WSEH canteen based upstairs in the clubroom at very reasonable prices. We 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.

