

ATHLETES

INFORMATION FOR

60m SPRINTS

THE 60m SPRINTS ARE SEEDED RACES OF MIXED AGES AND SEXES, RUN FASTEST RACES FIRST.

START LISTS WILL GO UP IN THE WARM-UP AREA IN THE HALL FOR THE ATHLETES – WITHIN THE BARRIERED AREA WITH SIGN SAYING ‘START LISTS’, RESULTS WILL BE AVAILABLE THERE.

COMPETING ATHLETES ONLY ALLOWED IN COMPETITION AREA.

FOR SPECTATORS AND COACHES, THE START LISTS WILL ALSO GO UP ON THE BOARD BEHIND THE SPECTATORS SEATING AREA. THE RESULTS WILL BE AVAILABLE THERE AS WELL.

IT IS THE ATHLETE’S RESPONSIBILITY TO LISTEN OUT FOR ATHLETE CALL UP FOR RACES.

THE LAP COUNTER IN THE CORNER AT THE START WILL SHOW THE CURRENT RACE NUMBER, TO HELP TRACK THE RACES.

AS A ROUGH GUIDE TO HELP WITH SPECTATING AND ATHLETE WARM UP, EACH RACE TAKES ROUGHLY 2 ½ MINS. YOU CAN ROUGHLY WORK AN ATHLETES RACE START TIME WHEN START LISTS ARE AVAILABLE.

IF AN ATHLETE DOES NOT INTEND ON COMPETING IN THE 2ND ROUND OF 60M SPRINTS THEN PLEASE INFORM REGISTRATION **BY 1pm**. TO ALLOW THE SEEDING TO BE AS ACCURATE AS POSSIBLE AND TO LIMIT ANY EMPTY LANES IN A RACE