

**Herne Hill Harriers Open Meeting**  
**2<sup>nd</sup> September 2020**  
**Tooting Bec Athletics Track, Tooting**

**Before the event**

**Address**

Tooting Bec Athletics Track, Tooting Bec Road, London SW17 8AR

**Covid 19 Health Screening Questionnaire**

Prior to the event, all spectators and athletes must complete the health screening questionnaire to minimize the risk of exposure to and the spreading of Covid 19. To access the questionnaire cut/paste the link below into your web browser:

[https://docs.google.com/forms/d/e/1FAIpQLSeaDrrAkIr4xBaQJ0O\\_3EXAaPSYgzB\\_6oENargcISslqICr3Q/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeaDrrAkIr4xBaQJ0O_3EXAaPSYgzB_6oENargcISslqICr3Q/viewform?usp=sf_link)

If your health status does change leading up to the race, you should get in contact with [ells.new.8@gmail.com](mailto:ells.new.8@gmail.com), the Covid Coordinator.

**Coach or supporter**

You will only be permitted to bring one person with you to the event. This can be a coach or supporter. Once you have entered you should confirm to the Covid Coordinator who you intend to bring. If they are not registered they will not be allowed into the premises.

**Hand sanitizing and hand washing**

Bring your own gel and use it especially when entering and leaving the venue. It will also be made available at the venue. There will be several stations around the venue.

**Cost**

The entry fee for each event is £6.50.

**Race times and seedings**

An indicative timetable is included below. Race times are provisional, and entries will be seeded in advance of the day and you will be advised which heat you are in.

In view of the need for us to adhere strictly to the timetable, please do not enter this event if your finishing time for the 3000m is projected to be slower than 12mins 30 seconds.

**On arrival**

**Entry to the track**

The wide main gate entry to the track will be open to facilitate entry in a socially distanced manner.

## **Registration**

Please register for your race immediately on arrival and pick up your race number. Coach/supporter will also be required to register. After registration, please utilize the gel provided or your own and bring your own pins for numbers to reduce the need for contact.

## **Prior to your race or the action**

### **Social distancing**

Please observe 2m social distancing prior to and after your competition.

Athletes will be called up to the start area by announcements and lined up.

### **Toilets**

The venue will have toilets in use. Only 1 person will be able to access them at any one time. Please ensure you utilize hand sanitizing.

### **Other facilities**

Changing facilities will be unavailable and not in use. No food or drink will be sold on site.

### **Warm-ups**

There is a common adjacent to the track for warm-ups. Strides will be permitted on the back straight.

## **Racing**

We will run seeded 800m races first and then 3000m. Fastest to slowest.

Please assemble in your seeded heat near the start area 10mins before you race. There will be no call room or area, to minimise contact.

There is a limit to 8 per race in the 800m where we will utilize lane starts, and 12 in 3000m races.

When you finish your race, maintain social distancing with the other athletes and congratulate them without touching. Then, you will need to proceed to the bag drop area and collect your things.

## **After your race**

A marshal will show you the correct way out of the venue following the signs. If warming down, please use the common as you will not be able to warm down on the track.

Results (electronic timing) will be posted on the <https://data.opentrack.run/en-gb/x/2020/GBR/slansprintopen/> website. They will be submitted to Power of 10.

**Provisional timetable**

6:30 pm 800m Race, Check in 6:20

6:36 pm 800m Race, Check in 6:26

6:42 pm 800m Race, Check in 6:32

6:48 pm 800m Race, Check in 6:38

6:54 pm 800m Race, Check in 6:44

7:00 pm 800m Race, Check in 6:50

7:06 pm 800m Race, Check in 6:56

7:12 pm 800m Race, Check in 7:02

7:18 pm 800m Race, Check in 7:08

7:24 pm 800m Race, Check in 7:14

7:30 pm 3000m Race, Check in 7:20

7:45 pm 3000m Race, Check in 7:35

8:00 pm 3000m Race, Check in 7:50

8:15 pm 3000m Race, Check in 8:05

8:30 pm 3000m Race, Check in 8:20

8:45 pm 3000m Race, Check in 8:35

**Contacts**

Meeting manager: Steve Bosley [sales@envoy-freight.co.uk](mailto:sales@envoy-freight.co.uk) 07721 555688

Covid Co-ordinator Ella Newton [ells.new.8@gmail.com](mailto:ells.new.8@gmail.com) 07471 162092