

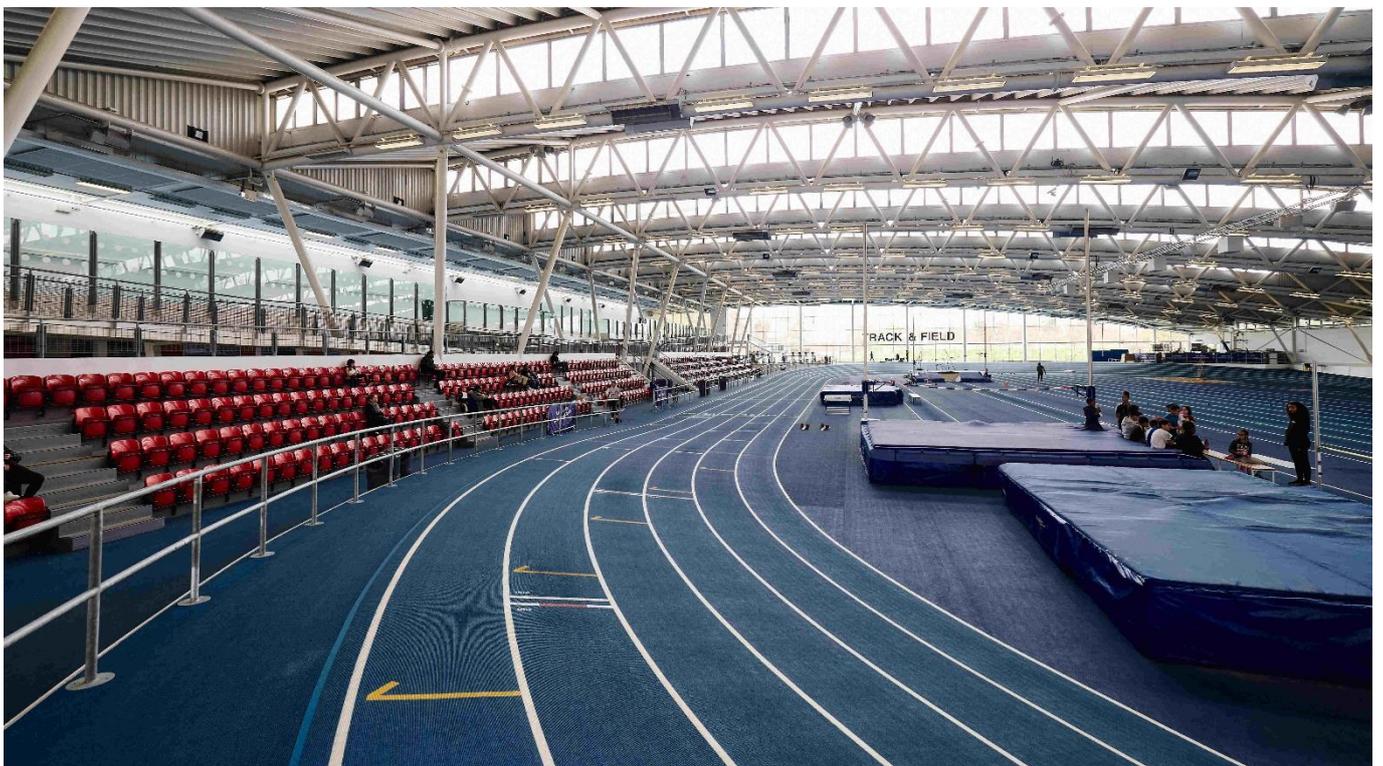


Indoor Track and Field Championships

17-18 February 2024

Lee Valley

Your Athlete Journey



Welcome to Lee Valley, London!

ATHLETE INSTRUCTIONS

Thank you for your entry to this British Masters Indoor Championships.

This is the information that you need prior to and on the day - please read this carefully.

VENUE

Lee Valley Athletics Centre, 61 Meridian Way, London N9 0AR

PARKING

There is ample parking for athletes on site.

REGISTRATION/DECLARATION and NUMBERS

On arrival, collect numbers and declare your intention to compete (if not done online) via the Registration Desk at least 1 hour before your event (90 mins for pole vaulters) which will be located to the right on entering the stadium. Late arrival may mean that you cannot compete. Online declaration can also be completed in advance via OpenTrack if you prefer. However, you will still need to collect your number on the day. Please allow sufficient time in case there are queues. You will receive an email advising how to do online declaration if you wish to. Please 'un-declare' yourself from an event within 1 hour of the event time in order to ensure seeding is accurate and only those planning to compete are included. You can either do this yourself online or via the registration desk at the venue. Numbers must be worn on your front and back, in all events, except the horizontal and vertical Jumps where only one number needs to be worn. No pins will be available so you should bring your own.

IMPLEMENT WEIGHING IN

All personal implements (indoor shots only) should be weighed in at the equipment store located at track level on the left as you enter the stadium at least one hour prior to the event.

WARMING UP

Please use the upstairs area or outside for warm up. Hurdles will be made available for warm up purposes. No throwing of implements should take place in these general areas and without officials' supervision.

CALL ROOM

Most races will not be seeded until after the declaration deadline, the seeding will then be available on OpenTrack. Can all athletes please listen for call room announcements – however it is your responsibility to arrive in the call room on time, if you fail to do so you may not be able to compete. The call room for all events will be located at the 60m start end of the indoor track. All athletes should report to the call room as per the call room schedule which will be posted at various points around the venue, but will be approximately:

Track events – 15 minutes before scheduled event time.

Field events – 35 minutes before the scheduled event time.

Pole Vault – 75 minutes before the scheduled event time.

If you have an overlapping event, please advise call room when you go in for your first event and ask them to tick you off at that point. In these circumstances, please advise call room if your intention to compete changes.

Vests, numbers and competition shoes may be checked in the call room. Competitors must compete in the vest of their UKA Club, Masters Area Club or national vest. If inappropriately dressed, you will not be allowed to compete.

Spikes need to be omnilite ceramic pyramid christmas tree 5 or 7mm; steel Christmas tree 6mm or steel RT compression 6mm (including PV and HJ). The correct spikes will be available to purchase at the weekend from Vince Wilson – clothing supplier. All electronic equipment including personal stereos, ipods, mobile phones and mp3s should be switched off before coming into the call room and during the competition. You will be collected from the call room by the relevant officials and taken to the competition area.

WMA Shoe rule will apply: Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes where the maximum thickness is no more than 30mm).

COMPETITION RULES

- The competition is run under UKA/WMA rules.
- All entrants shall be deemed to have made him/herself/themselves familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK.
- All field events (except HJ and PV) will allow 3 trials for all athletes and the top 6 in each event/age group will get a further 3 trials as per usual indoor championship rules. Normal rules will apply for HJ and PV.
- Height progressions are:

- High Jump: 5cm progressions until 3 athletes remain in the competition (not age group).
- Pole Vault: 10 cm until 3 athletes remain in the competition (not age group).
- There may be heats and finals or A & B finals - where numbers exceed a straight final.
- As per [UKA rules](#), spitting is strictly prohibited and could lead to a conduct warning.
- All mobile phones carried adjacent to the track side must be switched off, in mute mode or turned down so as not to distract other athletes or officials.
- Headphones/earphones etc should not be worn inside the competition area or in the warm-up area.
- No unauthorised persons will be allowed onto the centre of the track.
- The decision of the Referee's and the Meeting Manager shall be final.

RESULTS

Results will be available soon after each event online in OpenTrack. They will not be displayed as hard copies. To access results – go onto OpenTrack and you will see this:



Click on the result button and the list of events will appear. Choose the event you want the result for by clicking on the red event title. You will then see the result as follows:

F07	Long Jump Pent (M35-40)
F08	High Jump Open (All)
F09	Shot Put Pent (Women)
T09	3000m Champs (Women)

Place	Bib	Name	CAT	CatPos	TEAM	#1	#2	#3	#4	#5 #6	Best
1	419	Paul GUEST	M60	1	SWVAC	5.15	x	5.12	5.25	-	5.25
2	406	Andrew WADDINGTON	M55	1	SCVAC	4.57	3.35	4.66	4.57	-	4.66
3	402	Vincent TAYLOR	M55	2	BOURN	4.42	x	x	4.42	-	4.42
4	407	Derek WARN	M55	3	SOTON	4.39	x	4.38	x	-	4.39
5	446	Ian THOMSON	M65	1	SCVAC	x	x	3.97	x	-	3.97
6	452	Adrian ESSEX	M70	1	SCVAC	3.76	3.69	3.66	3.91	-	3.91

MEDAL PRESENTATIONS

Medal ceremonies will take place as soon after each event as practical. There are likely to be a large number of presentations during each day, so please be patient. Field events will go straight to the presentation area. Track event presentation will usually be within 30 mins of the event and will be announced or displayed on a presentation schedule, so medallist please gather at the presentation area at that time.

ATHLETE SERVICES

- **Refreshments** will be available to purchase throughout the day from a coffee van but it is recommended you bring your own.
- **Clothing/kit** will be on sale as usual, including the BMAF Kit.
- **Medal engraving** – this will be available close to the presentation area. Payment by card only. If you have medals from previous years bring them along and get them engraved too! Cost is £4 per medal.
- **Medical Services.** British Masters Medical Services (BMMS) will be providing assistance via chiropractors, sports therapists and physiotherapist to be on hand to help you with your injuries and prepare you for your competition. Charges apply and will need to be paid by cash. Please note, as a medical service, they may still be subject to the regulations of Public Health England and the NHS in relation to COVID and may be required to remain in PPE to protect both the athletes and the therapists. Please respect their rules.
- **Livestream:** The event is to be livestreamed and will be available on YouTube afterwards. As per OpenTrack information by entering you have agreed to be videoed. If you have any concerns about this do please let me know ASAP. The link to the streaming is:
 Saturday https://www.youtube.com/watch?v=_FQoV1YkjaM
 Sunday <https://www.youtube.com/watch?v=Evd1YFfJ5OQ>
 Feel free to share this on Social Media and with your friends, family and coach.
- **Records:** If you are aiming to break any British, European or World records – if you can bring the paperwork with you that would help immensely.
- **Driving to Lee Valley:** Please note that Lee Valley is within the ULEZ. There is a daily charge for vehicles that do not meet the ULEZ emissions standards. To check your vehicle – please use the website <https://tfl.gov.uk/modes/driving/ultra-low-emission-zone>.

QUERIES

If you have any queries about this event, please contact Wendy Kane (wkane@bmaf.org.uk) in advance of the day or the Meeting Manager (Clive Young) on the day.

I hope you have a fantastic competition and some excellent performances.

Wendy Kane
Meeting Organiser

LEE VALLEY STADIUM PLAN

