



# Winter Throws Championships

8-9 March 2025 - Oxford

## ATHLETE INSTRUCTIONS

Thank you for your entry to this BMAF Championship event. Below is the information that you need for the day.

### VENUE

Horspath Athletic Ground, Oxford Road, Horspath, Oxford OX4 2 QL.

There is ample parking at the track, a small, covered stand and small café. There is rugby training at the venue on Sunday and traffic may be challenging around 9.30 and 11.30. Please try and avoid arriving at those times!! Please car share wherever possible.

We should have use of the three cages – so let's hope the weather stays dry so we can use the outside cage.

### TIMETABLE

The final timetable is available via OpenTrack.

### REGISTRATION/NUMBERS

On arrival, collect numbers from the Registration Desk either as you come in or the portacabin depending on the weather, at least 45 mins before your event.

Number must be worn as issued, on your front or back, in all events. No pins will be provided.

### WARMING UP/ REPORTING

Any areas of the facility can be used for warm-up. All athletes should report to the event site at least 20 minutes before start of their event. Please be aware and respectful, if a previous event is still in progress. No call room is in operation. Athletes should not throw unless supervised by an official.

### COMPETITION RULES

The competition is run under UKA/WMA rules. We have a Level 1 licence but EDM will be used on all long throws wherever possible.

All athletes will get three throws and the top six in each age group will get a further one throw. Where there are 6 or less it will be a straight 4 throws. No reversal of throwing order. The reduction of throws is due to the reduction of cage use and keeping within the licensed 8 hours.

### VESTS & SHOES

Competitors must compete in the colours of their UKA Club or Master's Area Club under which they entered with the addition of appropriate shorts. National vests are also acceptable. If inappropriately dressed, you will not be allowed to compete.

### EQUIPMENT

Please ensure all personal implements are weighed in at the garage (under the café and almost opposite the portacabin). There will be no stadium 'weights' available.

### GENERAL

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. Head/earphones etc should not be worn inside the competition area. No unauthorised persons will be allowed onto the centre of the track. The decision of the referee shall be final.

### RESULTS

We do not plan to post results up – but as is now the norm, they will be available for you to access in OpenTrack soon after the event. Results will be announced where possible and practical to do so.

### CATERING

Refreshments will be available to purchase throughout the day from the Oxford City Club Room on the first floor of the building. There are various supermarkets nearby (Tesco & Aldi – 5mins drive but about 20mins walking distance). You are recommended to bring your own.

### QUERIES

If you have any queries about this event, please contact Wendy Kane ([wkane@bmaf.org.uk](mailto:wkane@bmaf.org.uk)).