

# Track and Field Championships 2023

1-3 September 2023

Derby

## Your Athlete Journey



Welcome to Derby!

# ATHLETE INSTRUCTIONS

Thank you for your entry to this British Track and Field Championships.

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

## VENUE

Moorways Stadium, Moor Lane, Allenton, Derby, DE24 9HY  
The Track can be located not far from Junctions 24a/25 of the M1.

**TRAVEL** Please check your travel plans carefully as we are now aware there are train strikes planned for the weekend.

## PARKING

Athletes competing on Friday will be allowed to park at the stadium.  
Athletes should **not** park at the stadium on Saturday or Sunday unless they have special disability needs.  
Athlete parking can be found at the Rolls Royce car park as shown below – do not park in the first car park just after the stadium entrance. To access the stadium from the car park, please follow the marked route shown below (and related signage) and enter via the orange entrance. It is approximately a 3 minute walk to the stadium. A small parking charge will apply each day (£3) payable to the local Scouts – please note it will be cash only. Do not park in the stadium car park, on local road nearby or the Rolls Royce Leisure Centre as you are likely to incur fines.  
Athletes are able to drop heavy equipment/poles etc at the stadium prior to parking.

## REGISTRATION/NUMBERS

On arrival, collect numbers from the Registration Desk which will be located in the Clubroom just off from the Car park (see site plan attached) **at least** one hour before your event (Pole vaulters 90 minutes) after which time declaration will close. Late arrival may mean that you cannot compete. Online registration/declaration can also be completed in advance via OpenTrack if you prefer, this will speed up your registration and the collection of your numbers on the day. You should receive an email advising how to do the online registration/declaration if you wish to. Please allow sufficient time in case there are queues at registration.

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. It is the responsibility of athletes to report and advise of their intention to compete. **No pins will be available so you should bring your own.**

## PERSONAL IMPLEMENTS/EQUIPMENT

Personal implements should be weighed in at the equipment store opposite the call room marquee (see plan below) at least 1 hour before the event start time. 1 of each implement max. To avoid queues and give priority to those competing first, there may be a weigh in schedule in place. Please be patient. PLEASE NOTE: we will again not have any heavy weights available for those who do not have their own, so sharing may be necessary. Athletes are able to use their own starting blocks which may check checked at the beginning of the race.

## WARMING UP

Please use the grassed area outside of the track beyond the top bend for warm up. Do not warm up inside the stadium. Hurdles etc will be made available for warm up purposes. No throwing of implements should take place in these general areas.

## CALL ROOM

A call room will be in operation. Most races will not be seeded until after the declaration deadline (circa 1 hour before event time), the seeding will then be available on OpenTrack and via the Call Room Manager. Can all athletes please check the call up timetables posted around the venue – 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.

All athletes should report to the call room as per the call room schedule which will be approximately:

Track events – 20 minutes before scheduled event time.

Field events – 40 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 that you may not make it in for the subsequent event and ask them to tick you off at that point. In these circumstances, please advise call room if your intention to compete changes. Should you wish to withdraw from a track event at any point, please use the online check-in facility or seek support at Registration desk, where possible please withdraw prior to the 1-hour pre-race deadline so that seeding is not effective by your withdrawal.

The call room will be located in the marquee between the stand and the external throwing cage. See the attached plan. Athletes arriving late may not be allowed to compete.

Vests, numbers and competition shoes will be checked in the call room. Competitors must compete in the colours of their UKA Club, Masters Area Club or national vest. If inappropriately dressed, you will not be allowed to compete. Athletes are reminded to ensure their competition shoes meet the [new regulations](#). WMA Shoe rules (not UKA) 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 must have a sole with a maximum thickness of no more than 30mm)". All electronic equipment including ipods, mobile phones and mp3s should be switched off before coming into the call room and during the entire event.

You will be escorted from the call room by stewards or field officials where practical, to the competition area.

## COMPETITION RULES

- The competition is run under UKA/WMA rules. All field events will allow 3 trials for all athletes and the top 8 in each event/age group will get a further 3 trials as per usual championship rules.
- There will be no heats and finals except for the 100m. Where numbers exceed a straight final there will be A/B Finals. Where this is the case, the results from multiple races will decide the medallists.
- 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 or 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:

ID	Event	Gender	People	Clk-In	Status	Rounds	Time
F01	Javelin FALL	F	11	09:15	complete	1	10:00
F02	Long Jump M55up	M	14	09:15	complete	1	10:00
F04	Hammer MALL	M	18	09:15	complete	2	10:00
T02	Shot M70-95, F40-95	MF	7	09:15	complete	1	10:00
T03	Shot M50-65, F35	MF	6	09:15	complete	1	10:00
T04	Shot M35-45	M	7	09:15	complete	1	10:00

Click on the result button and the list of events will appear as follows

Choose the event you want the result for by clicking on the red event title. You will then see the result as follows:

Place	Bib	Name	CAT	Y	ClkPos	TEAM	Y	#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	4.68	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 in the region of 300 presentations during each day, so please be patient.

Field events will go straight to the presentation area if practical, which will be close to the track near the stand opposite the 100m straight. See Stadium Plan. Track event presentation will be in line with the presentation schedule also available around the venue, alongside the call room schedule. If medallist wish to come as a group to presentation they will be fitted in ASAP.

## ATHLETE SERVICES

- Refreshments will be available to purchase throughout the day from the new Swimming pool complex on site which has a café – this can be accessed by a small gate around the first bend.
- Clothing will be on sale as usual, including the BMAF Kit.
- British Master's Medical Services (physios etc) will be available to offer a range of treatments. Additional measure including masks may be required so come prepared. A fee is payable per treatment.
- A medal engraver is sadly not available this year.
- Following positive feedback, we are again having the event live streamed. It can be accessed here: Saturday - <https://www.youtube.com/watch?v=IN15Jo7Slag> and Sunday - <https://www.youtube.com/watch?v=fMFb-cZtVqU>.

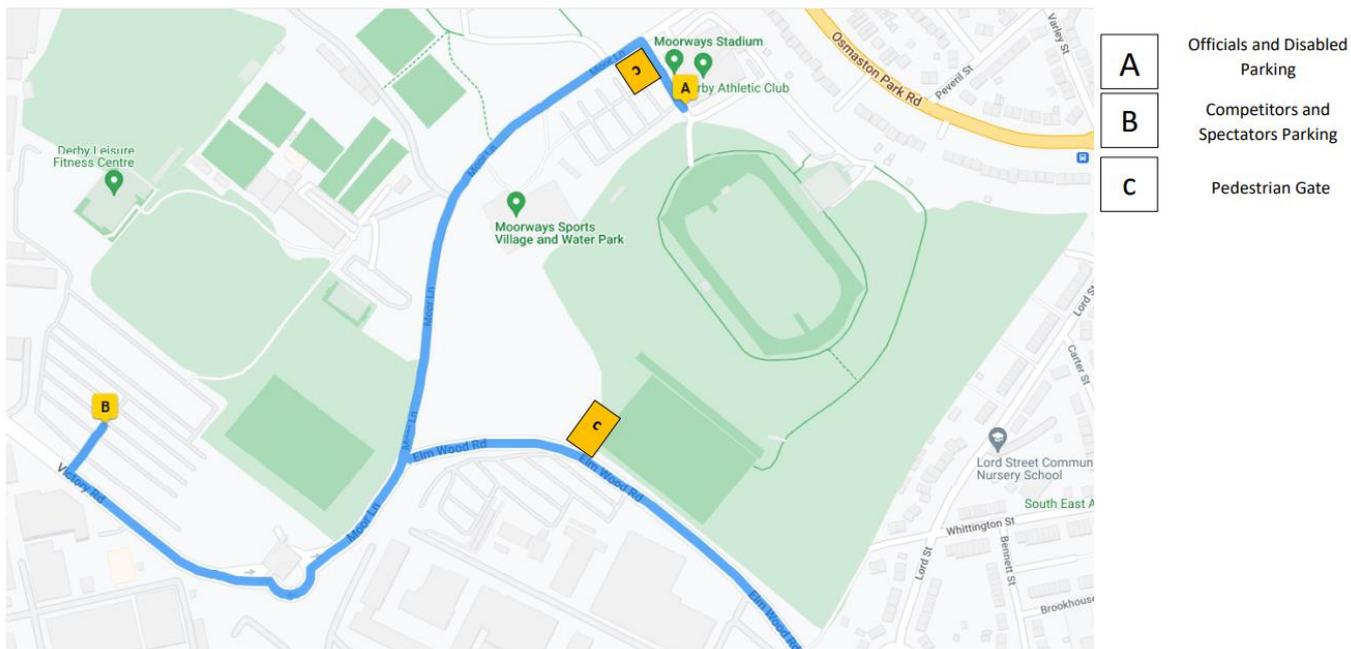
## QUERIES

If you have any queries about this event, please contact Kay Reynolds ([kreynolds@bmaf.org.uk](mailto:kreynolds@bmaf.org.uk)) in advance of the day or the Meeting Manager (Paul Smith) on the day.

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

**Kay Reynolds**  
**BMAF Track & Field Secretary**

### ATHLETE PARKING



### MOORWAYS STADIUM PLAN

