

**Hertfordshire, Kent and Middlesex Indoor Championships -  
Lee Valley Athletics Centre - Sat/Sun 17/18 March, 2018**

**Notes for Competing Athletes - Please read carefully - It concerns you!**

Your entry(ies) for the Herts, Kent & Middlesex Indoor Championships has/have been accepted, and a timetable is attached. Please read it and make sure you know what time/s your event/s is/are scheduled.

Athletes should report to Athlete Registration at least one hour before their event. (75 minutes for Pole Vault)

Numbers should be worn front and back as issued, except for the High Jump and Pole Vault.  
**Please bring your own pins.**

Club or representative vests must be worn, or clothing acceptable, under UKA Rule 143. Athletes who have entered more than one track event must ensure that they confirm their intention to compete in each event to Athlete Registration at least **one hour** before each of their events. This is most important for seeding purposes. **If you are competing on both days you must keep your number and report again on Sunday.**

**All athletes must report to the call room area** at the northern (cinema) end of the track as indicated on the displayed call room schedules. Field event athletes will be escorted to their event by an Event Official.

All athletes in the Long Jump, Triple Jump and Shot may have 4 attempts.

If insufficient athletes report in track events, the finals will go at the heat times; similarly if no semi-finals are required the final will go at semi-final time.

If an athlete after qualifying for a second round or final needs to withdraw, they **MUST** inform the referee for that event. They will be allowed to withdraw but **will not** be allowed to compete again during the course of the 2 days. So if they withdraw on the Saturday they cannot compete on the Sunday. (UKA Rule 166 S (3))

Maximum permitted spike length is 6mm.

**Stadium starting blocks only may be used.**

**There will be no warming up on the circular track. All athletes may warm up on the sprint straight upstairs or on the Outdoor track. No spectators will be permitted on the circular track.**

Medals will be presented to athletes as soon as possible after each event. Potential medallists should report to the presentation area immediately after their event. This area will be situated next to the Announcers table. Field event medallists will be escorted to presentation from their event.

Ample car parking is available free of charge at the stadium.

Refreshments will be on sale throughout the day in the Ron Pickering Room.

Information on how to reach the Lee Valley Athletics Centre can be obtained from the Lee Valley Regional Park's website - [www.leevalleypark.org.uk](http://www.leevalleypark.org.uk)