**Hertfordshire, Kent and Middlesex Indoor Championships –**

**Lee Valley Athletics Centre – Sat/Sun 16th/****17th March 2024**

Notes for Competing Athletes – Please read carefully – It concerns you!

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, Long Jump. Triple Jump and Pole Vault. Please bring your own pins.

Club or representative vests must be worn, or clothing acceptable, under UKA Rule T5 S1

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.

If you need to withdraw after qualifying for a 2nd round or final, you must inform the referee for that event and you then will NOT be able to compete again during these Championships.

**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.

Take off boards : SM 11/13, U20M 9/11,SW U20W U17M U17W U15W U15B 7/9.

Maximum spike length 6mm. **Only 6mm Xmas tree spikes may be used on the resurfaced indoor track.**

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.

Stadium starting blocks only may be used.

Disability athletes will be issued a block setting card in the Call Room to enable the marksmen to set their blocks, if requested.

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, unless otherwise authorised by the Meeting Manager.

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. Track medal presentations will only take place after the Track Referee and Photofinish have agreed and published the results. Field event medallist will be escorted to presentation from their event.

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

There is **NO** public catering available, except for drinks/snacks machines.

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) **020 8344 7230**