

British Masters Pentathlon / South of England / EMAC / VAC Indoor Championships and Open Events Meeting.

Lee Valley Athletics Centre, Edmonton, Middlesex
Sunday 17th February 2019
(Under UKA/IAAF/WMA Rules)

ATHLETES INSTRUCTIONS

REGISTRATION: On arrival, collect numbers and any other information.
DESK OPENS AT 08.59 NOT EARLIER

DECLARATION: Having registered on arrival you **MUST DECLARE BY 09.15 OR 60 MINUTES BEFORE YOUR EVENT [FOR TRACK THIS IS THE START TIME OF THE SERIES OF RACES]** This is to ensure we can adjust the pre-seeded races depending on no-shows. Failure to do so will mean you will be **EXCLUDED** from the event. **Pentathletes are only required to declare once.**

NUMBERS: Must be worn as issued, back and front, in all events accept High Jump and Pole Vault.

REPORTING [TO CALL ROOM/ASSEMBLY AREAS]

Call Room for Track Events: The Track Call Room is at the 60m Start/North end of Arena.

All Track athletes **MUST** report to Call Room, **10 MINUTES** before start of their Event.

Assembly Areas for Field Events: Shot – at Entrance to Shot Enclosure **20 MINUTES** before your event. **All other Field Events** – at Holding Area in front of Track Call Room **20 MINUTES** before start of Field Event [except Pole Vault which is **45 MINUTES**] for escorting to the competition area.

WARMING UP

Use only the designated area for warming up, which is at the upper level behind the seating.

FIELD EVENTS

Competitors will be allowed 6 trials [3 Trials in the Pentathlon]. Normal rules apply High Jump and Pole Vault.

Refer to bottom of Timetable regarding Warm Up trials.

CLUB COLOURS

Competitors must compete in the colours of their UKA Club or Masters/Veteran Area Club under which they entered, or their National or GB Masters Kit [be aware Bourne Sports apparel is no longer designated Kit], with the addition of appropriate shorts. If inappropriately dressed, you will not be allowed to compete.

GENERAL

All mobile phones carried adjacent to the track side must be switched off or in mute mode.

No unauthorised persons will be allowed onto the centre of the track.

The decision of the Referee's shall be final.

No personal stereos or similar equipment will be allowed to be used within the competition area.

PARKING

There is ample parking in front of the Arena, but please park with consideration for others.

CATERING

There is a cafeteria within the Arena that will be serving hot and cold drinks throughout the day, together with the normal snacks and sandwiches and some limited hot food. Otherwise it is Tesco's 2 MILES away.

DIRECTIONS

The Arena is 5 miles from Junction 25 on M25. Take A10 South from Junction and then turn left on to A1055 after 500 metres. Stay on this road as it first goes East and then South through Enfield Lock, over numerous roundabouts, the entrance to the Arena will appear on your left at a set of traffic lights with a huge hoarding emblazoned with Lee Valley Complex.

For non-Boy Scouts [SatNav enabled], the Post Code for the Arena is N9 0AS.

PUBLIC TRANSPORT

Take train from Liverpool Street Station to Edmonton Green, trains every 15 minutes, then the W8 bus to Pickets Lock, every 8-12 minutes. All within the London Transport Zone system.