



Indoor Pentathlon, 3K Championships (and Winter Open events)

Saturday 11 March 2023

ATHLETE INSTRUCTIONS

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

VENUE

Lee Valley Athletics Centre, N9 OAR. Free parking is available on site.

REGISTRATION/DECLARATION & NUMBERS

You do not need to check-in in advance. On arrival, collect your numbers from the Registration Desk. The registration desk can be found to the right of the entrance.

Numbers must be worn as issued, on your front and back, in all events, except the High Jump and Long Jump, where only front number need be worn.

WARMING UP/ REPORTING

Please use the warm-up track upstairs or outside. All athletes should report to the event site at least 15 minutes before start of their event – no call room is in operation. For track races these should gather in the area close to the large windows at the far end. Please be aware and respectful, if a previous event is still in progress.

COMPETITION RULES

The competition is run under UKA/WMA rules. Normal rules apply for the Pentathlon - three field attempts except the High Jump. Please also note that Pentathlon event times are a guide only and as usual may change. Please also make yourself aware we will be applying the WMA (not WA/UKA) shoe rules. This may be checked by the Start Team. Open Field Event Competitors will all get 4 trails and Open HJ will progress in line with UKA rules (5cm increments until 3 athletes remain in the competition).

CLUB VESTS

Competitors must compete in the colours of their UKA Club, Masters Area Club or national vest under which they entered with the addition of appropriate shorts. If inappropriately dressed, you will not be allowed to compete.

RESULTS

Results will be available soon after each event online in OpenTrack. They will not be displayed in the normal way as hard copies. To access results – go onto OpenTrack and you will see this:

ID	Event	Gender	People	Check-in	Status	Records	Time
101	Javelin Throw	F	8	09:15	complete	1	10:00
102	Long Jump M30+	M	14	09:15	complete	1	10:00
104	Herring MALL	M	18	09:15	complete	2	10:00
103	Shot M30+5, F30+5	WT	7	09:15	complete	1	10:00
103	Shot M30+5, F30+5	WT	6	09:15	complete	1	10:00
104	Shot M30+5	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	IB#	Name	CAT	T	CatPos	TEAM	T	#1	#2	#3	#4	#5	#6	Best
1	419	Paul GUEST	M60	1	1	SWVAC		5.15	x	5.12	5.25	-	-	5.25
2	406	Andrew WADDINGTON	M55	1	1	SCVAC		4.57	3.35	4.66	4.57	-	-	4.66
3	402	Vincent TAYLOR	M55	2	1	BOURN		4.42	x	x	4.42	-	-	4.42
4	407	Derek WARN	M55	3	1	SOTON		4.39	x	4.38	x	-	-	4.39
5	446	Ian THOMSON	M65	1	1	SCVAC		x	x	3.97	x	-	-	3.97
6	452	Adrian ESSEX	M70	1	1	SCVAC		3.76	3.69	3.66	3.91	-	-	3.91

GENERAL

The following general instructions should be adhered to:

- 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 or in the warm up area.
- No unauthorised persons will be allowed onto the centre of the track.
- The decision of the referee's shall be final.

QUERIES

If you have any queries about this event, please contact Kay Reynolds (kreynolds@bmaf.org.uk) in advance of the day or the Meeting Manager (Lorraine Vidler) on the day.

Kay Reynolds
BMAF Track & Field Secretary