



# Throws Pentathlon Championships

Sunday 20 August 2023 - Oxford

## ATHLETE INSTRUCTIONS

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

### VENUE

Horspath Athletic Ground, Oxford Road, Horspath, Oxford OX4 2 QL.  
There is ample parking at the track, a small, covered stand and small café.

### EVENT START TIMES

These are published on the timetable available on OpenTrack.

### REGISTRATION/NUMBERS

On arrival, collect numbers and any other information from the Registration Desk either as you come in or the portacabin depending on the weather, at least 45 mins before your first event. Numbers must be worn as issued.

### WARMING UP/ REPORTING

Please use the grassed area surrounding and outside of the track or the track areas that are not in use. Warm ups using implements should be conducted at the event site only and supervised by officials. All athletes should report to the event site approx. 20 minutes before start of their event. Please be aware and respectful, if a previous event is still in progress. Warm up times are tight due to a record entry so please be ready and conduct these promptly.

### COMPETITION RULES

The competition is run under UKA/WMA rules. Normal rules apply for a Throws Pentathlon - three trials at each event. Some flexibility on the timetable will be required as always with Combined events.

### VESTS & SHOES

Competitors must compete in the colours of their UKA Club or Master's Area Club under which they entered with the addition of appropriate shorts/trousers. National vests are also acceptable. If inappropriately dressed, you will not be allowed to compete.

### GENERAL

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. No unauthorised persons will be allowed onto the centre of the track. The decision of the referee's shall be final. Could anyone who has weights please bring them (BMAF no longer hold any weights).

### RESULTS

We do not plan to post results up as has become common place – but they will be available for you to access in OpenTrack soon after the event. Results will be announced where possible and practical to do so. If any supporters want to assist by inputting 'live' results do let me know and I can give them the 5 minute training required.

### CATERING

Refreshments will be available to purchase throughout the day from the Club Room on the first floor of the building. There are various supermarkets nearby (but not walking distance).

### QUERIES

If you have any queries about this event, please contact Kay Reynolds ([kreynolds@bmaf.org.uk](mailto:kreynolds@bmaf.org.uk)), Meeting Organiser.