



# VAC-EMAC Indoor Track & Field Championships

Sunday 09 February 2025

## ATHLETE INSTRUCTIONS

Thank you for your entry to this VAC and EMAC competition. Below is the information that you need for the day.

### VENUE

Lee Valley Athletics Centre, 61 Meridian Way, London N9 0AR. Free parking is available on site.

### REGISTRATION/DECLARATION & NUMBERS

You need to check-in in advance online via OpenTrack. You will receive an email advising how to do online declaration. It may be possible to check in online via registration on the day. On arrival, collect your numbers from the Registration Desk at least 1 hour before your event. This will be located to the right as you enter opposite the café. Late arrival may mean you cannot compete. Please 'un-declare' yourself from an event within 1 hour of the event time in order to ensure seeding is accurate and only those planning to compete are included. You can either do this yourself online or via the registration desk at the venue. Numbers must be worn as issued, on your front and back, in all events, except the High Jump, Triple Jump and Long Jump, where only front number need be worn. **Please ensure that one side of the bibs is completed with your medical conditions prior to you competing.**

### IMPLEMENT WEIGHING IN

All personal implements (indoor shots only) should be weighed in at the equipment store, which is located at track level at the far end of the stand at least one hour prior to the event.

### WARMING UP/ REPORTING

Please use the upstairs area or outside for general warm up. Hurdles will be made available for warm up purposes. No throwing of implements should take place in these general areas and without officials' supervision.

### CALL ROOM

Most races will not be seeded until after the declaration deadline, but the seeding will then be available on OpenTrack. Can all athletes please listen for call room announcements – however it is your responsibility to arrive in the call room on time, if you fail to do so you may not be able to compete. The call room for all events will be located at the north end of the stadium (the 60m start end of the indoor track). All athletes competing in track events should report to the call room no later than 15 minutes before the start of your event. Once you have been informed which heat of the track event you are allocated to and its approximate start time you can leave the call room to continue your warm-up but it is your responsibility to be back in good time to be ready for the start of your race.

There is no callroom for the field events and athletes competing in a field event should report directly to the field event location no later than 75 minutes before the start of the pole vault event or 35 minutes before the start of any other field event

If you have an overlapping event, please advise call room when you go in for your first event and ask them to tick you off at that point. In these circumstances, please advise call room if your intention to compete changes.

Vests, numbers and competition shoes may be checked in the call room. All electronic equipment including personal stereos, ipods, mobile phones and mp3s should be switched off before coming into the call room and during the competition. You will be collected from the call room by the relevant officials and taken to the competition area.

WMA Shoe rule will apply: Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes where the maximum thickness is no more than 30mm).

### COMPETITION RULES

The competition is run under UKA/WMA rules. Please also make yourself aware we will be applying the WMA (not WA/UKA) shoe rules. This may be checked by the Start Team. Field Event Competitors will all get 3 trials in the shot put or horizontal jump events and the top three in each age group will be granted a further three trials

High Jump	W35-45	W50+	M35-55	M60+
Start Height	Lowest requested, minimum 1.00m			
Progression	5cm (until 3 left)	3cm (until 3 left)	5cm (until 3 left)	3cm (until 3 left)
<b>Jump off in event of a tie for 1st place only</b>				

Pole Vault	W35-45	W50+	M35-55	M60+
Start Height	Lowest requested, minimum 1.00m			
Progression	10cm for all until last 3 remain, as per WA rules			
<b>Jump off in event of a tie for 1st place only</b>				

## CLUB VESTS & SHOES

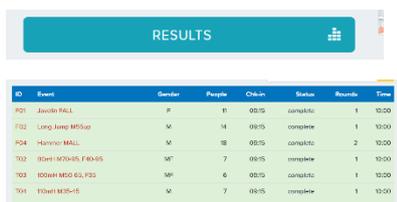
Competitors must compete in the colours of their UKA Club, Masters Area Club or national vest with the addition of appropriate shorts. If inappropriately dressed, you will not be allowed to compete. Spikes in shoes must not exceed 6mm (except High jump where 9mm max are allowed) and need to be omnilite ceramic pyramid christmas tree 5 or 7mm; steel Christmas tree 6mm or steel RT compression 6mm

## RESULTS

Results will be available soon after each event online in OpenTrack

<https://bmaf.opentrack.run/en-gb/x/2025/GBR/emac-vac-indoor/>

They will not be displayed in the normal way as hard copies. To access results – go onto OpenTrack and you will see this:



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	EB	Name	CAT	CatPos	TEAM	#1	#2	#3	#4	#5	#6	Best
1	419	Paul GUEST	M60	1	SWVAC	5.15	x	5.12	5.25	-	-	5.25
2	406	Andrew WADDINGTON	M55	1	SCVAC	4.57	3.35	4.66	4.57	-	-	4.66
3	402	Vincent TAYLOR	M55	2	BOURN	4.42	x	x	4.42	-	-	4.42
4	407	Derek WARN	M55	3	SOTON	4.29	x	4.38	x	-	-	4.39
5	446	Ian THOMSON	M65	1	SCVAC	x	x	3.97	x	-	-	3.97
6	452	Adrian ESSEX	M70	1	SCVAC	3.76	3.69	3.66	3.91	-	-	3.91

Medals will be presented to VAC and EMAC members only. This will be undertaken as soon as possible after the events have completed.

## ATHLETE SERVICES

- **Refreshments.** It is hoped that the Diner will be open 9 – 4pm. However, it is recommended that you bring your own food and drink.
- **Medical Services.** St John's Ambulance are providing first aid cover.

## 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.
- As per UKA rules, spitting is strictly prohibited and could lead to a conduct warning.
- 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 Peter Kennedy as the Meeting Manger in advance via via email: [pkennedy@bmaf.org.uk](mailto:pkennedy@bmaf.org.uk) or mobile: 07808 033532) but on the day please try to resolve issues by reference to the track or field referees or someone in the registration or medals presentation team. I can be found if necessary seated beside the Photofinish team, but please note that my main task of seeding the track races will take precedence over non-critical issues.

I trust you have a fantastic competition and some excellent performances.

**Peter Kennedy**  
**VAC Track & Field Secretary**