

REPORTING TIMES & ACCESS POINTS:

There is no call room, team managers must therefore ensure that all athletes report for their event on time (see below).

Only athletes who are competing will be allowed into the competition area.

The right to remove anyone found to be in breach of any of these requirements is maintained.

TRACK:

Athletes MUST assemble outside the fence near to the start of their track event, **ten minutes before** the event is due to start, and wait until called in by the Starters Assistant. They must be ready to race.

100m Start (No 1)	200m Start (No 2)	300m Start (No 3)	400m Start Finish (No 4)
70mh	150m	300m	400m
75mh	200m	1500m	800m
80mh	3000m	300mh	1200m
100mh	4x100m (3 rd leg)	1500mSC	400mh
110mh	4x300m (3 rd leg)	4x100m (2 nd leg)	2000mSC
75m		4x300m (4 th leg)	4x100m (1 st leg)
100m			4x300m (1 st leg)
4x100m (4 th leg)			4x400m (1 st leg)
4x300m (2 nd leg)			

It will be Team Manager's responsibility to ensure that athletes are there. **No races will be held up waiting for athletes.**

Team Managers should also ensure that relay athletes know their relevant take over markings and rules.

UKA Rule 170.

Starter's Assistants and Track Umpires may not have time in explaining the rule to athletes at the take overs.

FIELD:

Athletes **MUST** assemble outside the fence near to the access point for their designated event, as shown on stadium layout plan. Athletes will be led to their event site by one of the field officials.

Athletes will have a minimum of one warm up trial, a second trial will be allowed, time permitting. Events MUST start on time.

Access Points and Reporting Times		
Event	Access Point	Reporting Time
Pole Vault	Access Point 2 - (200m start)	60 minutes
High Jump	Access Point 3 - (300m start)	45 minutes
Hammer	Access Point 4 - (400m start)	30 minutes
Discus	Access Point 4 - (400m start)	30 minutes
Javelin	Access Point 4 - (400m start)	30 minutes
Shot	Access Point 2 - (200m start)	30 minutes
Alternate Shot Location	Access Point 4 - (400m start)	30 minutes
Long Jump	Access Point 3 - (300m start)	30 minutes
Triple Jump	Access Point 3 - (300m start)	30 minutes