

IMPORTANT INFORMATION FOR ALL ATHLETES

**PLEASE READ THE IMPORTANT GUIDELINES ABOUT CAR PARKING.
PLEASE TRY TO CAR SHARE AND
BE PREPARED TO ALLOW WALKING TIME TO THE TRACK ITSELF**

- Athletes should arrive at the track 60 – 70 mins before their first scheduled event. This will allow time for collecting bib numbers from your PE Staff or District Rep, do a warm-up and allow adequate reporting time to your competition area.
- Each School District will be allocated a section of the grass bank from the finish line stretching to the entrance / 10m start. Students should report there to collect their bib numbers – they will not be available in the Clubhouse. The order of the corals will be Aylesbury / Chiltern & South Bucks / Milton Keynes & Buckingham / Wycombe (starting from Finish Line).
- Toilet facilities will be **behind the Clubhouse** , not in the Clubhouse.
- Athletes should wear School Colours
- Where spikes are used, they should be no longer than 6mm in length.
- Bib numbers should be worn visibly on the athlete's vest, front and back (except for High Jump – Front only and Pole Vault -Back only)
- Bib numbers must not be torn or tampered with and with a pin in each corner.
- No headphones / mobiles phones / electronic devices are allowed inside the competition area at any time.
- Report to the relevant Start Area for at least 15 mins before the scheduled race time.
- Where an athlete is also competing in Field Events, they should read the notes about potential clashes of events and prioritising.
- Starting Blocks are only allowed to be used in Finals.
- If 8 or fewer athletes turn up for scheduled heats in sprints, then the race will be run as a straight Final at the heat time.
- Similarly, Time Trails may be changed to Finals at the discretion of the Track Referee.
- Athletes competing in heats should check whether they have qualified for the Final before leaving. The qualifying rules will be announced before each race but usually 8 athletes will qualify.
- Athletes are free to leave the venue as soon as they have completed their warm down following their event.