



# Junior Club Championships and Invitational – 17<sup>th</sup> April 2016

## Event Information

### Location

This year's event is being held at **Wycombe District Athletics Complex**, Marlow Road, Little Marlow SL7 3RQ - [View Map](#). For those who haven't been there before, the track is located a few hundred metres from the Marlow/Bourne End junction of the A404 on the right hand side heading towards Bourne End. It is about 5-10 minutes' drive from the centre of High Wycombe.

Please note that, outside of the car park, the site has a "**no dogs allowed**" policy and we thank you for your co-operation with this.

### Timetable

A provisional timetable for the event has been published on the Wycombe Phoenix website ([www.wycombephoenix.org](http://www.wycombephoenix.org)). In the unlikely event that a change is required to this, a final version of the timetable will be published on the website no later than Friday 15<sup>th</sup> April so please check back then to ensure you know the start times for your events.

### Registration

The Registration Desk will open at 09:30am. Please ensure that you report to collect your vest numbers **at least 45 minutes** before your first event. Please refer to the timetable. Late registration may result in exclusion from the competition.

### Car Parking

There should be sufficient car parking space on the Little Marlow site if everyone parks considerately. When you arrive, please follow instructions given by the marshals and note that parking is strictly prohibited on the Marlow Road and on the access road which is in constant use by farmers and residents. Again, we thank you in advance for your co-operation on this.

### QuadKids

If you are entering the QuadKids competition, please ensure that you arrive by 10:30 so that you have time to Register. You will be allocated a Team Manager who will help you through the day. We will organise a group warm-up at 11am on the back straight to ensure that everyone is raring to go for the 75m sprints which start 11:30.

Following the sprints, the groups will take part in the long jump and vortex howler throws before completing their competition at 15:30 with the 600m.

After the final track race, to round off the afternoon, we will be running a series of fun relays. All QuadKids are automatically entered and will be organised into slick, efficient quartets by their Team Managers on the day.

Please note that the area inside the track is safety controlled: only competing athletes and officials should be in this "in-field" and only officials on the grass.

## Medals

In all U13 and U15 track and field events, medals will be awarded for the top three athletes. Medal winners should collect their spoils from the Registration desk once the final results of their event have been posted on the results board.

For the QuadKids, prizes will be awarded for the top boy and girl in each of the two age groups. As well as the overall competition winners, medals will also be presented for each of the four QuadKids disciplines. The presentation ceremony will take place at the end of the day after the completion of the relays.

## Track Events

Please report to the start position for the race ten minutes before the scheduled start time.

Depending on the number of entries, track events will run either as a straight final or as heats with a final later on in the programme. Please check the timetable carefully for your events. If a sufficient number of athletes do not register on the day, we may run events timetabled for heats and finals as a straight final at the time originally schedule for the heats.

**Progression** from heats to finals will be as per the following rules:

<i>No. Heats</i>	<i>Progression</i>	
2	3 + 2	first 3 from each heat plus next 2 fastest across both heats
3	2 + 2	first 2 from each heat plus next 2 fastest across the three heats

## Field Events

In the long jump, javelin and shot competitions, each competitor will be given three attempts each. For discus and hammer, four attempts will be granted. Please ensure you report to the lead official in the competition area 15 minutes (30 minutes for high jump) before the timetabled start time to enable you to warm up and measure run ups.

## Competing in more than one event at the same time

We have put the timetable together to minimise overlapping events for as many athletes as possible. However, there may still be clashes between field events or field and track events.

Athletes do need to be at their track event on time, but field trials can be taken around this and the lead field officials involved will do their best to give you as many trials as possible, within the UKA rules. The main thing is to talk it through with officials as soon as possible during the warm up period.

## Relays

In addition to the QuadKids relays, we will be offering any of the day's competitors the chance to enter a sprint relay for a bit of fun to end the programme. To enter, please gather at the finish line after the last track final of the day and organise yourselves into crack teams of four or allow us to match you with your ideal running mates.

## Refreshments

Hot food will be available outside by the front of the barn from 11am to 3pm. In addition, a selection of cakes, sweets and hot and cold drinks will be available for purchase all day from the Club Room.