

## Information for athletes

**TRACK** : Register at the registration tent. Be in the athletes' assembly area at the side of the track 10 minutes before your event.

**FIELD**: Be in the athletes' assembly area (for high jump and shot) or in the appropriate field area (for long jump, triple jump, discus) **15 minutes before the scheduled time of your event**. This means **under 15 boys competing in the long jump MUST be at the long jump pit by 9.15am**

Please allow plenty of time for parking on this busy day so you reach your event on time.

### What to do if you have 2 events timetabled close together

You must NOT miss your track event, it cannot wait for you.

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| FIRST  | Report to your field event and explain   |
| SECOND | Go off to run on the track.              |
| THIRD  | Return to take part in your field event. |