

Rules and guidance for Norfolk Schools Athletics

Saturday 12th June at the UEA Sportspark

At all times please observe social distancing guidelines.

With regard to the Sportspark facilities:

- Please enter via the gates in the Sportspark carpark
- Changing rooms will be out of bounds
- Athletes and officials toilets will be just inside the building at the finish please queue orderly if required
- Plus one toilets will be between the halls (at approx 50m mark) – the track doors will be open, please queue orderly if required
- Masks must be worn inside the building, and outside where you are unable to maintain social distancing
- The seating area on the home straight will be available but with social distancing – spectators must spread out
- First Aid will be provided by the Sportspark staff.
- The gates at the end of the building / in the Sportspark carpark will open at 9.30am

PLEASE NOTE:

- Shoe heel limits: for runners in races of 800m or more, shoe heel should not be greater than 25mm (track rules set by World Athletics). Track spikes must not exceed 9mm
- **Athlete + 1 (pre-registered online) only will be allowed to enter**
- Arrive no more that 45mins prior to your event to warm up – leave immediately after your event. Field event start times include warm up throws.
- Please make your own bib number (must be 10cms high and black) – to be worn front and back. Consider how clear your number is – track judges need to identify it easily from over 5m away. Bib number found in race lists below. Consider whether it may need to be waterproof
- Please be ready for your race. There may be a holding area 50m from the start of your race – please check in with the starter’s assistant when called over. Do not leave belongings in the holding area.
- When you have finished your race please leave the area as quickly as possible to enable the next race to start

Results will be displayed electronically after the event on the AN website and on our Facebook page during the day if possible.

PLEASE REMEMBER TRACK RACES TAKE PRIORITY OVER FIELD – INFORM FIELD JUDGE IF YOU NEED TO LEAVE TO RACE AND THEY WILL ADJUST YOUR ATTEMPT WITHIN THE ROUND