



**Keith Ward Memorial Indoor Meeting**  
**Incorporating Norfolk Indoor Championships**  
**Held at “the Barn”, Lynnsport, Kings Lynn,**



**Sunday 27<sup>th</sup> January 2019: UKA Licence: IND 19/057**

**Field events commence 10:00, Track events 13:30**

**Collect numbers from registration desk at least 45 minutes before 1st event entered**

Dear Athlete,

Thank you for entering this year's Keith Ward Memorial Indoor competition being held at the indoor athletic centre at King's Lynn, we trust that you have an enjoyable day of high class competition and achieve the targets you have set yourselves.

**General Information:**

Please be aware that we have a large number of entries this year and thus the timetable is going to be very tight, so please ensure you collect your numbers from the registration desk at least 45 minutes before your first event, and promptly advise the staff if you are unable to compete in any event. You must wear your numbers when competing and must wear your club vest though we appreciate you may wish to wear additional warm clothing underneath. A maximum of **6mm spike** length is permitted.

You must report to the **event 15 minutes** before for shot or horizontal jumps, High jumps and pole vault can mark run up and start practice from 09:15hrs.

**High Jump:** With the large number of athletes choosing the minimum 1.00m starting height pool the format will be adapted slightly to minimise waiting time for individual starting heights in the cold weather and the need for athletes to keep warm. The Field Referee will advise during the warmup period of any arrangements put in place.

A call room (the area to left of start line) will be in operation for the track events and all athletes are required to **report there 10 minutes prior to their event time**. Your heat allocation will be advised once you have reported. Any amendments will be announced.

If you qualify for a final you must report to the track referee if you are unable to compete in the final due to illness or injury. Not attending a final may result in disqualification from other events.

If you take any equipment outside to practice with eg hurdles, please have the courtesy to return them to the store when your warm up is completed.

Coaches and Spectators are advised that access to the area close to the long jump pit / high jump bed is not allowed. You are asked to remain behind the barriers. When watching shot put, please take care in case any shot manage to come over the end stop barriers.

There is restricted access between the pole vault and shot put to the high jump and long jump viewing areas, please respect the pole vault athletes and officials who may ask you to wait until a trail has been completed.

**Equipment weigh in**

The field referee will check any personal implements at the competition store at far end of the track on the right, please ask at registration desk if store not manned.

**Refreshments etc.**

WNAC will have a stall selling a range of hot & cold drinks along with cakes, sandwiches etc. Hot food and a bar is available upstairs in Lynnsport main building. Additional toilets are available in the main building.

**Getting There:**

PE30 2NB. Both routes into Lynnsport are open, but the direct link road from the northern access road into Kings Lynn may be quicker. Plenty of free parking available. See Lynnsport website for more details: <http://www.aliveleisure.co.uk/alive-lynnsport/contact-us>  
Tel 01553 818001

**Help:**

We would appreciate help during the day especially with the take down of the shot put arena and preparing for the track events at around 1pm, and with the movement and placement of hurdles later in the afternoon. If you or parent or relative are willing to help please make yourself known to the registration desk.

**Presentations & Results:**

The recorders will do their best to ensure that all results are verified as promptly as possible and presentations will take place at regular intervals close to the finish line area. Please listen for announcements. If you have also entered the County section of the competition the County awards will follow the Keith Ward presentations and **may** involve different athletes. Results will be put up on the wall outside the office as they become available once checked and entered into the system. It is requested that you do not disturb the recorders if a set of result have not appeared, they are likely to be busy. Full results will be uploaded to Power of 10 website as soon as is practicable.

If you have any queries please see either the Meeting Manager Gavin Lane or the Field referee Paul Bailey.

On behalf of West Norfolk AC,

Paul Bailey  
Field Referee and Technical Manager KW19