



**MIDLAND COUNTIES  
ATHLETIC ASSOCIATION**

Website: [www.midlandathletics.org.uk](http://www.midlandathletics.org.uk)  
Email: [trackandfield@mcaa.org.uk](mailto:trackandfield@mcaa.org.uk)

Alexander Stadium  
Walsall Road  
Perry Barr  
Birmingham  
B42 2LR

TEL: 0121 - 344 - 4201

---

**MIDLAND COUNTIES 2<sup>nd</sup> OPEN MEETING 26/27 JANUARY 2019  
HIGH PERFORMANCE CENTRE, ALEXANDER STADIUM, BIRMINGHAM, B42 2LR**

**PLEASE BRING WITH YOU THE EMAILED ENTRY CONFIRMATION  
TO BE PRODUCED AT THE REGISTRATION DESK ON ARRIVAL**

Dear Athlete,

Thank you for your entry for the above meeting. Your event timetable can be viewed by going to <https://goo.gl/9JfHZf>. Please read all the information given as your co-operation in all matters is essential for the smooth running of the meeting.

**How to get to the High Performance Centre, Alexander Stadium, Birmingham**

**By Rail:** Birmingham New Street is the nearest Main Line Station, from where you could catch a train to Perry Barr then catch the 51 bus down to the Stadium.

**By Road:** From Junction 7 of the M6 take the A34 to Birmingham then follow signs to the Alexander Stadium and Perry Barr Crematorium.

**Car Parking:** There is free car parking on site.

**Entrance to the High Performance Centre**

Spectators and athletes will enter via the slow gate at the High Performance Centre. The High Performance Centre will open at 09:00am. Athlete numbers for all events will be at the registration desk in the High Performance Centre. All athletes and spectators should first report to the payments desk prior to collecting their numbers in order to collect their wristbands for the day.

Spectators are welcome. You may purchase tickets on the day for £3 for adults and a concessionary rate for children and senior citizens of £2. Older students with a valid student card can also take advantage of the concession. All entry tickets come with a programme. Coaches who produce a current UKA licence will be charged £1. Limited seating is available, but you can bring your own portable chair if you wish to.

**Refreshments**

The Birchfield café will be open on site for refreshments.

**For the safety of yourself and other patrons there are building statutory regulations which regrettably mean that food, canned drinks and glass containers are not allowed in the High Performance Centre. Water in plastic bottles is allowed. Please note that smoking/vaping is not allowed as the building is strictly "Non Smoking".**

**Registration**

Collect your number from the registration desk at least 1 hour before your event is due to start. Athletes arriving late will only be allowed time left available for warm up. Results will be displayed in the main Arena.

### **Horizontal Jumps**

The number of trials in the horizontal jumps will be dependent upon final number of competitors, except U13 who will have 3 trials in total.

### **Outside Throws**

The number of trials in the throws will be dependent upon final number of entries, except U13 who will have 3 throws in total.

### **Photography**

In line with the UK Athletics Welfare Policy, the promoters of this event request that any person wishing to use a still or video camera should first register their details with staff at the spectator desk. The promoter reserves the right to decline entry to any person unable to meet or abide by the promoter's conditions. If you are concerned about any photography taking place at this event, please contact the promoter or event organiser who will be pleased to discuss this matter with you.

### **Warm Up**

All warming up should take place in the specified area. Athletes should report 10 minutes before their event to the area.

### **Equipment**

Competitors may use their own starting blocks, subject to checking with Officials. The maximum length of spikes is 6mm on both surfaces, this is in accordance with the Governing Body Rules Surface regulations and for your personal safety. Failure to meet this requirement will result in the individual/s being refused access to the facilities. Random checks will be frequently made on spike length.

### **Competition Area**

Athletes are reminded that mobile phones should be switched off and that young children should not be brought into this area.

The Midland Counties Athletic Association cannot accept responsibility for any incurred expenses should the meeting be cancelled or postponed, nor can the Association accept responsibility for any injury or loss at any of its promotions.

We hope that you enjoy your competition at the High Performance Centre, and we look forward to a day of fine athletics.

**If you have a problem on the day, please contact 07864912696.**

Yours in Sport,

Rachel Hulse  
**Competition Secretary**