

## **HERTFORDSHIRE COUNTY AAA**

### **NOTES FOR ATHLETES**

Don't forget your club vest and safety pins. Pin numbers at all 4 corners. Club vests (or acceptable representative vests) must be worn.

Wear appropriate clothes and bring a plastic bag in case of rain.

Arrive in good time to register, collect number and warm-up – about an hour before your event. If you wish to use your own throwing implement this must be taken to the Technical Manager no less than 45 minutes before the event time.

No electronic devices, mobile phones etc to be used on or inside the track. Phones should be switched off.

Don't warm up on the track when races are going on – please use outer lanes only.

Be at your event site 15 minutes before the start time unless otherwise instructed.

Field events – let the leader know you are present.

Track events – see the starter's assistant – s/he will know which heat/lane you are in.

Do not get in the way of races ahead of yours.

No parents/coaches at event sites during warm-up or competition.