

Final Information - Sportshall Athletics Regional Final – Sunday 27th January 2019

In the past we have had people drop out at the very last minute for a variety of reasons, so we won't actually be able to confirm full details of events and teams until we have a head count on Sunday 27th January at the Regional Final in Keynsham.

If your athlete is unable to attend for any reason, especially at the last minute, please contact us as soon as possible so that we can plan accordingly - thank you. As with the training events, if your athlete is unwell or injured on the day it is not advisable for them to come along as experience shows that they are unlikely to perform at their best under such circumstances.

We have been asked to bring some officials to support the delivery of the event. This is not an onerous task, simply counting measuring and recording in the field events – plus side, you get a close up view of seeing your daughter or son compete. If you are willing to help please let us know asap.

Key details are as follows - if these should change we will email again so please check for emails from us during the week or check the website:

Date: Sunday 27th January 2019.

Venue: Wellsway Sports Centre, Wellsway School, Chandag Road, Keynsham, Bristol BS31 1PH. Tel: 0117 9161034.
Go to:

<https://www.sportwellsway.com/contact/>

We have been informed that there will be plenty of car parking spaces available via both entrances.

The sports hall is relatively small and seating is limited so grab a place asap on arrival. We are usually to be found immediately in front of you/to the left as you enter the sportshall. If you aren't staying please ensure that we have a contact telephone number in case of emergency.

Time: Please arrive by 11.30 - 11.45am – the event will start at 12.30pm and should finish by 3.30pm. We will need to register each athlete, collect payment (see below) issue T-shirts, have a team briefing and prepare.

Payment: This year once again we have been very fortunate in securing sponsorship for the T-shirts. However, there is a £150.00 competition entry fee. We must therefore ask each athlete to pay £3.00 in order to part cover the £150.00 entry fee. We will fund the shortfall since this year we only have 3 teams instead of 4. If paying by cash, **correct amount please.** We can accept cheques payable to "The Academy of Combined Events". If you would like to pay electronically please contact us for our bank details.

Transport: If anyone is really struggling with transport to the event, please let us know as soon as possible and we will do our best to put you in touch with someone in your area but you will have to make the arrangements between you.

Welfare: please see the Event Welfare Plan ([Click here>>](#)) issued by the organisers of the event - Sportshall Associates. Please share this with your athlete and pay particular attention to the section on photography and also see below. **Please note that any athletes who must not have their photo taken will be issued with a yellow wristband by request at the start of the event. If you want to take photos you must complete the photography registration form that will be available for completion at registration.**

Photography: we like to take photographs to use for our own promotion purposes and there may be a professional photographer present from whom photos can be purchased. In the past one of our coaches/team managers has also taken photos and we make these available FOC for you to download - these are not posted on social media. **Unless you advise us to the contrary we will assume that your athlete can be photographed. We must stress that we cannot stop other people taking photos so even if you have requested that photos aren't taken we have no control over what other people do with these even though the Welfare Plan clearly sets out what is expected.** We usually submit a report to the local papers including a team photo, and this also appears on line including our own website

and the County Athletics Association website. No individual athletes are identified in relation to the photo.

Kit: as they have worn for the training events, ie **clean** sports shoes - trainers, black shorts (if possible) or black lycra leggings, and your Somerset T shirt (issued on arrival) – these have been sponsored by Yeovil Olympiads AC, Taunton AC, Mendip AC, Wells City Harriers, Somerset Athletic Association, Somerset Schools Athletic Association, Wells Cathedral School & Action in Change, and we are of course very grateful for their generous support.

Food etc: Your athlete will need plenty to drink (bottles with a sports top and no fizzy drinks please) and a sports related snack – low salt and few additives etc. Please do not eat too much immediately before or during the competition.

Medical: Please ensure that any inhalers etc are brought if required, and let the team managers know on the day if there is anything else we need to be aware of.

If you need any further information please contact us.

A copy of the programme can be found [here>>](#) There are no times allocated and the organisers run through the whole programme as quickly as conditions allow. There is no lunch break as such.

We will provide details of further athletics opportunities and information on the Somerset athletics clubs following the final.

This year for the 2nd time Somerset County Schools Athletic Association has asked us to invite some year 6 athletes to attend the 4 training events that they host each year in preparation for a variety of competitions up to national level. We will send out invitations to those athletes who we think would benefit at this stage of their athletics career after the final.