**HERTFORDSHIRE COUNTY AAA**

**NOTES FOR ATHLETES**

**Be aware that Parking Wardens enforce Watford parking rules.**

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 60 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.