

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

NOTES FOR ATHLETES

Don't forget your club vest and safety pins. Pin numbers at all 4 corners.

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.

No Ipods, mobile phones 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 marksman – 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.