



Home Competition Information Sheet



FAQ: ALL ATHLETES

- The competition schedule is sent out in advance of the competition and confirms the times for registration.
 - On competition day report to the registration desk promptly to sign-in and collect your athlete number.
 - If you are no longer able to compete in any/all events entered please try and notify the Competitions Clerk or an Official as soon as possible.
 - Lists of entrants for each event are displayed in the windows adjacent to the refreshment table. After registering please take a moment to check the lists and confirm the times of your event(s) and, where applicable, which heat you are in.
- Your athlete number should be pinned to the front of your top and visible to officials whilst you are competing in events (safety pins are provided).
 - OAC would be grateful if you could return your number and safety pins when you have finished your events so that they can be used again.
- Please remember the timing of events is subject to change on the day and although officials will try to ensure all those entered are present before starting an event it is each athletes responsibility to make sure they are on site, warmed up and ready to participate when their event is called. Athletes should also be aware that if, on the day of the competition, there are low entrant numbers for individual events officials may decide to have multiple age groups competing at the same time.
- Officials at each event will run through the event procedure/rules with the participating athletes.
- Athletes should not approach the results team during the competition.
 - All results will be displayed in the windows adjacent to the refreshment table once they have been checked and verified and any queries regarding results should initially be taken to the Lead Official of the event in question.
- In order to ensure everyone's safety please remember - NEVER go onto / across the track without stopping and looking in both directions, be aware of the dangers when around throwing event areas (javelin, shot putt, cricket ball) and always check when going near jumping runways & pits (high jump, long jump)
- First Aid cover is provided by the Pickaquoy Centre – anyone requiring first aid should, if possible, contact an official who will then liaise with Pickaquoy Centre staff.
- **Parents / Carers / Spectators** are very welcome to come along and cheer on the athletes - we just ask that you remain around the outside of the running track.
Please do not cross the track or stand in the areas on the inside of the track.