

Please feel free to:	We would ask you not to:
✓ use wooden blocks provided instead of sand for marking long; triple and javelin run ups	✗ <i>use spikes longer than 7mm in length and 4mm in diameter for all events</i>
✓ use electrical tape with a drawing pin for the high jump run ups	✗ <i>use the inner lanes for warm ups or training</i>
✓ lift all tape after your event/training	✗ <i>use the new throwing cage except for competition and regional squad days</i>
✓ stay behind the barriers at the finish line	✗ <i>use the same start position on the track when training</i>
✓ return all equipment to the store it came out of	✗ <i>walk across the centre field area at any time</i>
✓ place all litter in the bins provided	✗ <i>throw any implements either in training or competition unless a coach or official is present</i>
✓ keep away from jump pits and mats unless you are competing - they are not play areas	✗ <i>wear spikes inside the admin building or leisure centre</i>
✓ keep away from the steeplechase water jump - it is not a paddling pool	✗ <i>walk in front of the photo finish equipment</i>
✓ move out a lane if, during training, a faster athlete comes up behind you. They will shout “track” and if it is safe to do so please move into an outer lane to let them undertake you	✗ <i>encroach on to the track whilst watching high jump during competition</i>
	✗ <i>use ipods, mobile phones etc within the track and field area as they will be confiscated until after the event/training is finished</i>