

Dear Athlete,

Thank you for entering the Harrow AC Race Night on Thursday 27th May.

We have put this event on to give athletes an opportunity to compete - we hope you have a good night and enjoy being back on the track racing. We have implemented procedures using [competition guidance from England Athletics](#) to lessen the risk of Covid-19 Transmission. We are not responsible for any transmission of Covid-19. Please let us know of any concerns or queries either on the night or via [harrowacsecretary@gmail.com](mailto:harrowacsecretary@gmail.com)

**Location:**

Bannister Sports Centre, Uxbridge Rd, Harrow HA3 6SW [Google map link](#). Entrance is off Eastbound dual carriageway - but one lane is currently a cycle lane - you can turn in from outside lane.

**Train/tube:** Harrow and Wealdstone and then 182 bus.

**Parking:** the car park at Bannisters is small. Please park sensibly. Additional parking will be available on the grass if dry. Or arrive by bus or cycle.

**Alternative parking:** the roads north and south of [Hatch End Playing fields](#) nearby, or [Morrisons Hatch End](#) which has a cafe (check parking signs for length of stay).

**Entry and registration**

Below are some important reminders and an update regarding the arrangements on the day. Guidance on the timetable which also includes important information regarding the time at which athletes (and their guests if applicable) will be allowed to enter the facility in advance of their event.

**Guests:** these are strictly limited to **one per athlete** (for the avoidance of doubt that could mean a parent, a coach but not both). Young athletes can be accompanied by a coach and by a parent / another responsible adult. This is to help to ensure social distancing and to comply with venue requirements.

**Health declaration:** When entering, guests/athletes will be asked to confirm that there have been no changes since they completed the online entry or Google form. A temperature check will be carried out. Please do not attend if you have symptoms of Covid or have been instructed to self-isolate

**Footwear:** In accordance with UKA's guidelines we will be enforcing rules limiting the stack height of shoes in races. Officials will be carrying out checks so athletes are responsible for ensuring they have the correct footwear [Footwear Guidelines](#).

**Registration:** please register on arrival to collect race number and pins. Follow instructions on where to go.

**Arrival times:** These will be enforced on the day (see timetable explanation below)

Please observe social distancing, avoid physical contact with others at the venue, and wash/sanitise hands regularly. There will be marshals to guide you to and from races.

**Athletes pre-race:** from registration you will be guided to an area (labelled with your race) on the infield where you will be based. Leave bags here. You can warm up on the surrounding roads at first. Then you will have time on the track for strides etc. Please note track area assigned to you and keep well clear of races. Return to your area by **5 minutes before race time**. You will be taken to assemble near the start at 5 minutes before race time. **Please be prompt**

**Athletes after race finish.** Please clear the finish area promptly and return to your base area and bags. Please leave promptly

### **Other key information**

Please ensure that you have carefully read and understood the [Conditions of Entry](#)

**Weather:** We have no stand and indoor rooms are closed. Please bring appropriate clothing.

**Results** will not be posted at the track. There will be a results screen and online results. We will post full results on the [www.harrowac.co.uk](http://www.harrowac.co.uk) website as soon as possible, and they will be on Power of 10.

**Guests:** you can watch the race from the banking on the home straight. Please distance yourself from others

**Hand hygiene:** all those entering the venue are requested to sanitise their hands on entry and to make regular use of the sanitising stations that are around the venue, especially if they have touched common surfaces.

**Refreshments:** there will be hot/cold drinks and snacks available. Please queue responsibly. They will also fill water bottles for you.

**Toilets:** access to the indoor toilets will require that a face covering is worn inside the building. Please bring your own face covering.

**Departure:** athletes and their guests must leave the venue promptly after their event. Marshals will give reminders but please try not to let it get to that.

**Post-event procedures re Covid-19 testing:** we have been asked by England Athletics to ensure that all competitors are advised that UKA must be notified if there is a positive Covid-19 case 48 hours after the competition, this is the responsibility of **the competitor**. To view the link for the UKA positive test reporting process [click here](#). Should the unfortunate instance arise that someone from the competition tests positive for Covid-19 it is the responsibility of NHS test and trace system, not the competition provider to contact all people. The competition provider may, however, be asked for contact details for all who attended the competition, including spectators. Please also advise any guests who are accompanying you regarding this process and the above link of the UKA website.

### **Timetable**

**A detailed timetable is below.** Please study this carefully as we will be limiting numbers on the track

As well as the start time for each event, that document also shows:

- The times when entry to the facility will be available and when you should, therefore, be at registration by the entrance gate (**please do not arrive before your entry time - you will be asked to wait**);
- We only have access to the track from 17:45 so for those in the earlier events, where entry time is closer to your race time, you are welcome to arrive early and find parking, stretch your legs beforehand. You will be allowed into the venue at your entry time
- Warm-up time slots: Again, this will be supervised by stewards.
- Athletes and guests are asked to leave the venue as soon as possible after their event. Please note that venue closes at 21.00

We appreciate that these arrangements are much more formal than those to which athletes will be accustomed. Please understand that this is so because it is currently the only way that Athletics competition can take place under current Government restrictions. We have made every effort to balance the desire for enjoyable competition with the primary concern of safety for all concerned.

We look forward to seeing you on Thursday. Feedback and queries welcome via [harrowacsecretary@gmail.com](mailto:harrowacsecretary@gmail.com)

### Start Lists

You can find out which race you are in by viewing the [Start Lists](#)

**100m - 2 rounds** - second race to be seeded after first round.

**\*\*Please check Live Results (via opentrack) on the night for details of your second race\*\***

We have carefully seeded the events and unfortunately we cannot consider any requests for changes.

*Please check this link on the day of the race in case of any last minute changes.*

### Detailed Timetable (slowest first)

	Entry time	Pen	Warmup time	Warmup area	Event Time	Leave venue
<b>Long Jump</b>	<b>17.30</b>	<b>n/a</b>	<b>17.45</b>	<b>Long jump</b>	<b>18:15</b>	<b>20.00</b>
<b>Triple Jump</b>	<b>18.45</b>	<b>n/a</b>	<b>19.15</b>	<b>Triple Jump</b>	<b>19.45</b>	<b>20.00</b>
<b>Pole vault</b>	<b>17.30</b>	<b>n/a</b>	<b>17.30</b>	<b>Pole vault</b>	<b>18.15</b>	<b>21.00</b>
<b>75m Race 1</b>	<b>17.45</b>	<b>1</b>	<b>17.45</b>	<b>Back straight</b>	<b>18.10</b>	<b>18.45</b>
<b>75m Race 1</b>	<b>17.45</b>	<b>2</b>	<b>17.45</b>	<b>Back straight</b>	<b>18.15</b>	<b>18.50</b>
<b>100m Race 1</b>	<b>17.45</b>	<b>1</b>	<b>17.50</b>	<b>Back straight</b>	<b>18.20</b>	<b>n/a</b>
<b>100m Race 2</b>	<b>17.45</b>	<b>2</b>	<b>17.53</b>	<b>Back straight</b>	<b>18.23</b>	<b>n/a</b>

<b>100m Race 3</b>	<b>17.45</b>	<b>3</b>	<b>17.56</b>	<b>Back straight</b>	<b>18.26</b>	<b>n/a</b>
<b>100m Race 4</b>	<b>17.45</b>	<b>4</b>	<b>17.59</b>	<b>Back straight</b>	<b>18.29</b>	<b>n/a</b>
<b>100m Race 5</b>	<b>17.45</b>	<b>5</b>	<b>18.02</b>	<b>Back straight</b>	<b>18.32</b>	<b>n/a</b>
<b>100m Race 6</b>	<b>18.00</b>	<b>6</b>	<b>18.05</b>	<b>Back straight</b>	<b>18.35</b>	<b>n/a</b>
<b>100m Race 7</b>	<b>18.00</b>	<b>7</b>	<b>18.08</b>	<b>Back straight</b>	<b>18.38</b>	<b>n/a</b>
<b>100m Race 8</b>	<b>18.00</b>	<b>8</b>	<b>18.11</b>	<b>Back straight</b>	<b>18.41</b>	<b>n/a</b>
<b>100m Race 9</b>	<b>18.00</b>	<b>9</b>	<b>18.14</b>	<b>Back straight</b>	<b>18.44</b>	<b>n/a</b>
<b>150m Race 1</b>	<b>17.45</b>	<b>4</b>	<b>18.30</b>	<b>Back straight</b>	<b>19.00</b>	<b>19.45</b>
<b>150m Race 2</b>	<b>17.45</b>	<b>5</b>	<b>18.35</b>	<b>Back straight</b>	<b>19.05</b>	<b>19.50</b>
<b>200m Race 1</b>	<b>18.15</b>	<b>1</b>	<b>18.50</b>	<b>Back straight</b>	<b>19.20</b>	<b>20.00</b>
<b>200m Race 2</b>	<b>18.15</b>	<b>2</b>	<b>18.53</b>	<b>Back straight</b>	<b>19.23</b>	<b>20.05</b>
<b>200m Race 3</b>	<b>18.15</b>	<b>3</b>	<b>18.53</b>	<b>Back straight</b>	<b>19.26</b>	<b>20.10</b>
<b>200m Race 4</b>	<b>18.30</b>	<b>4</b>	<b>18.59</b>	<b>Back straight</b>	<b>19.29</b>	<b>20.15</b>
<b>200m Race 5</b>	<b>18.30</b>	<b>5</b>	<b>19.02</b>	<b>Back straight</b>	<b>19.32</b>	<b>20.30</b>
<b>200m Race 6</b>	<b>18.30</b>	<b>6</b>	<b>19.05</b>	<b>Back straight</b>	<b>19.35</b>	<b>20.35</b>
<b>200m Race 7</b>	<b>18.30</b>	<b>7</b>	<b>19.08</b>	<b>Back straight</b>	<b>19.38</b>	<b>20.35</b>
<b>100m Race 1</b>	<b>n/a</b>	<b>1</b>	<b>19.20</b>	<b>Back straight</b>	<b>19.50</b>	<b>20.40</b>
<b>100m Race 2</b>	<b>n/a</b>	<b>2</b>	<b>19.35</b>	<b>Back straight</b>	<b>19.53</b>	<b>20.40</b>
<b>100m Race 3</b>	<b>n/a</b>	<b>3</b>	<b>19.40</b>	<b>Back straight</b>	<b>19.56</b>	<b>20.40</b>
<b>100m Race 4</b>	<b>n/a</b>	<b>4</b>	<b>19.45</b>	<b>Back straight</b>	<b>19.59</b>	<b>20.45</b>
<b>100m Race 5</b>	<b>n/a</b>	<b>5</b>	<b>19.50</b>	<b>Back straight</b>	<b>20.02</b>	<b>20.50</b>
<b>100m Race 6</b>	<b>n/a</b>	<b>6</b>	<b>19.55</b>	<b>Back straight</b>	<b>20.05</b>	<b>20.55</b>
<b>100m Race 7</b>	<b>n/a</b>	<b>7</b>	<b>20.00</b>	<b>Back straight</b>	<b>20.08</b>	<b>21.00</b>
<b>100m Race 8</b>	<b>n/a</b>	<b>8</b>	<b>20.00</b>	<b>Back straight</b>	<b>20.11</b>	<b>21.00</b>
<b>100m Race 9</b>	<b>n/a</b>	<b>9</b>	<b>20.00</b>	<b>Back straight</b>	<b>20.14</b>	<b>21.00</b>

Regards

Harrow AC