Sportshall Athletics Championships/Trials – November/December 2019

Many thanks once again for completing the online entry form for the Sportshall Athletics Trials/Championships Events at Wells Cathedral School, Wells on Sunday 24th November 2019 and Yeovil College, Yeovil on Sunday 1st December 2019. Please read the following information carefully and contact us if you have any questions (see contact us page).

Venue specific information can be found below.

On arrival each athlete will need to be registered, given a number & pins (please keep the number in case your athlete is invited to the training events) before the start, and we will collect the £6.00 entry fee at the same time - cash (correct amount please) or cheque made payable to "The Academy of Combined Events". If you wish to pay electronically please contact us for our bank details (see contact us page) and note that payment must be received the Friday before the Trials/Championship Event.

We have not collected any information about any particular needs your athlete may have, or about any medication they require. So let us know anything relevant when you register and also ensure they bring anything they require, such as inhalers.

Please ensure that your athlete is wearing 'typical' PE kit – shorts and tee shirt and is also wearing a pair of "clean" trainers, but bring something warm as sportshalls can often be quite cold. They will need to bring a drink (<u>no fizzy drinks please</u>) in a bottle with a sports top (not a screw lid), we don't want to spend time mopping up spilt drinks! Two and a half hours is quite a long time, so a banana or snack bar or two would help.

The event will be very friendly towards children and everything will be explained on the day. We will collect a significant amount of performance scores for all running, jumping and throwing events. This will help us decide who to select for the training days on Sunday 15th December 2019 and Sunday 12th & Saturday 18th January 2020, all at Yeovil College. We will aim to contact you soon after the trials in Yeovil on the 1st December to let you know if your athlete has been selected for the training events and to represent Somerset at the Regional Final.

Those of you who attended last year will know how busy the event is and we have to make the most of the effort that everyone has made to travel to the venue. We would be very grateful for some volunteers who are willing to assist the coaches, who will be running the events, to measure and record jumps, throws and races.

We would also be grateful for any volunteers who are willing to enter data onto a spread sheet for the Yeovil event, or help with data entry at the Wells event.

If you are willing to help out please let us know asap (see contact us page) indicating morning or afternoon for Yeovil, or Wells, and any preferences. Any offers of help will be gratefully received and we can plan accordingly.

We look forward to seeing you all on 24th November or 1st December, meanwhile if you have any questions please do not hesitate to be in touch.

Finally, if for any reason your athlete is unable to attend please let us know as soon as possible by email, text or phone. If your athlete is unwell or injured it is not advisable for them to come along as experience shows that they are unlikely to perform at their best under such circumstances.

Venue Specific Information:

1. Wells Cathedral School, Wells:

The post code for Wells Cathedral School is BA5 2ST (<u>click here for map</u>). Access to the sportshall is via College Road, which can be found about two thirds of the way along "The Liberty" travelling away from the City centre.

The first part of College Road is one way. After 50m, look for the gates on the right hand side, walk along the cobbled road, round to the right and you'll see the sportshall on your left. Follow the Sportshall Signs to the entrance

opposite the Swimming Pool. Alternatively, from the Bristol Hill/Bristol Road end of College Road, walk down College Road and carry straight on where the road bears left. Look for the gates on the left hand side, walk along the cobbled road, round to the right and you'll see the sportshall on your left.

You are welcome to stay and watch and seating will be provided. Please let us have a contact telephone number when you register if you do not intend to stay and watch.

<u>Parking</u>: car parking spaces will be available in the Junior School playground: between building 1 and 2 on the attached map. This is approached by driving down The Liberty from New Street and turning left. There will be a sign just in the entrance.

If this is full, <u>limited</u> car parking is also available in the Stables Yard, between building 20 and 22 on the map. Carry on past the entrance to the Junior School playground and after 50m, turn left into the one way section of College Road. Turn right into the Yard after 50m.

Alternatively if you have any problems or you wish to park elsewhere, Wells has a number of pay and display car parks of which the Waitrose one may be the best option. Note that some car parks have a 3 hour maximum stay so please check. There is free car parking in Ash Lane, just off Bristol Hill

Please aim to arrive no later than 9.45am.

2. Yeovil College, Yeovil:

The post code for Yeovil College is BA21 4DR. Please be aware that the Sportshall is just on the left hand side of the entrance from the A37, the Ilchester Road (before the roundabout at the bottom of the hill), parking is limited in this area but there ought to be enough. Note that we have split the day into two in order to make it more manageable and some of you will be attending the morning session from 10.00am - 12.30pm or the afternoon session from 1.00pm - 3.30pm. Athletes attending the morning session should arrive no later than 9.45am and those attending the afternoon session no later than 12.45pm - registration will not commence until the morning session has finished at 12.30pm. There are two viewing areas where you can watch if you wish to stay. Please let us have a contact telephone number when you register if you do not intend to stay and watch.