

## Parking

Plenty of parking on site, there are no parking charges or time limits.

## Registration time

Registration is open from 11:00 – participants need to collect numbers and pins from the desk. Entrants will receive two numbers which are to be worn front and back with a pin in each corner. Please then head towards the indoor arena to grab a seat and make yourself comfortable.

## What does my child need to bring?

Being comfortable is key to having a good day. We suggest wearing a comfortable pair of trainers (with laces) or spikes on your feet. For clothing, we recommend shorts and a T-shirt whilst competing and a tracksuit top and bottoms to wear between events. Please bring enough food and water with you as well (although we don't recommend you eat too much between or before your events).

## What events can my child do?

Participants can choose to compete in up to three events during the day, listed below:

- 60m Hurdles (excluding Year 3)
- 60m
- 200m
- 600m
- Long Jump
- Javelin (excluding Year 6 and 7)
- Shot Put
- High Jump (Year 6 and 7 only)

## What time does my event start?

Each event has a specific start time. Please check the Minithon timetable to see when your event starts. The timetable can be downloaded from Lee Valley Athletics Centre website. Please listen out for announcements on the day for any changes to race times.

## Where do I go for my race?

For track events, participants will need to report to the call room. This is located at the north end of the indoor track (where the big glass windows are). From here participants will be arranged by the call room staff into race positions, where you'll then be called to race. For field events, please go to the event site where the judges will put you into pools - participants won't all necessarily jump in the same pit.

## Minithon rules

The Minithon is designed as an introduction into athletics competition for children. With this in mind we don't run under UK Athletics rules, we use these rules as a guideline with the following differences:

- All track events are run as UK Athletics rules with a leniency on running within lanes (for circular events)
- Hurdle races for U13 (Years 6/7) shall be correct height and distance
- Under 11 (Years 4/5) hurdles are 53cm for both boys and girls without weights
- All field events will be two jumps and throws unless numbers allow us to give an extra attempt (a decision shall be made prior to the competition and will not be changed on the day)
- In the Long Jump officials will judge using sight alone when deciding if the athlete has crossed the foul line
- Where we run a two jump/throw competition if an athlete has two no jumps/throws the athlete shall be allowed a third and final attempt
- The high jump will go up in 5cm increments throughout the competition
- Shot Put weights are as follows
  1. Under 13 (Years 6/7) boys - 3kg, girls - 2.72kg
  2. Under 11 (Years 4/5) boys - 2kg, girls - 1.5kg
  3. Under 9 (Year 3) boys - 1.5kg, girls - 1.0kg
- Turbo Javelin will be as a standard Javelin competition with the exception of using Turbo Javelins and not real ones
- Athletes who take part in four or more events will have their best scores taken away
- We want this event to be fun, enjoyable and fair so the discretion of the officials will be used

## Food and drink

There's a water fountain and bottle filler on site as well as vending machines with light snacks available. However, substantial food and drink will unfortunately not be available to buy on site (there is a Costa Coffee located in the adjacent Odeon cinema).

## Toilets

We have plenty of toilets on site, including accessible toilets.

## Spectators and guests

Entry is free and you can bring as many spectators and guests with you as you want – the more the merrier.

## Medals

Medals will be awarded as follows:

- Gold - 1st 10 places
- Silver - 2nd 10 places
- Bronze - all remaining places