

Dear Athlete

Thank you for your entry to the North Eastern Counties Athletic Association Open Indoor Pentathlon on Sunday 17 March 2019

The event will take place in the Gateshead College Academy for Sport, adjacent to Gateshead International Stadium, Neilson Road, Gateshead, Tyne and Wear, NE10 0EF.

Spectator entry is by programme only at a cost of £3.00. Coaches receive free admission, on production of their UKA licence.

Please find enclosed an entry list and order of events for the day. The first event will start at 10:00. Thereafter, all event timings will be based upon the number of athletes registered and the facilities that become available. It is important therefore, that you listen for announcements for your events during the day.

Athletes' numbers will be provided at registration. Unfortunately, due to changes to the college opening times, registration will not open until 9:00.I apologise for any inconvenience this may cause but it is out of the organisers' hands.

Athletes must wear the vest of their first-claim affiliated Club, their County or National vest, or any other Representative vest approved by UKA.

Numbers must be worn on the front and back of vests in all events other than high jump, where one number may be worn on the front or back. Numbers must not be cut or folded and must be pinned at each corner.

In the long and high jumps, because of shared runways, athletes are requested to use tape to mark their run-ups; no bottles, shoes etc should be left on the floor of the competition area. In the interests of safety, tape must not be secured with safety pins.

Athletes are reminded that no electronic devices, phones, mp3 players, tablets etc are permitted in competition areas.

Should you have any comments or queries, please email [keithw53@keithw53.plus.com](mailto:keithw53@keithw53.plus.com) or, if you do not have access to email, telephone 07704394178.

I look forward to seeing you on the day and hope you have a successful and enjoyable day of athletics.

Kindest regards

Keith Willshire