



Chairman
Ken Holmes
01761 232 347
chairman@avonschoolsathletics.org.uk

Secretary
Jim Strudwick
07971 439 703

secretary@avonschoolsathletics.org.uk

Treasurer

South West Schools Track & Field Championships Saturday 15th June 2024 at Exeter Arena (Summer Lane, EX4 8NN)

Dear athlete,

Congratulations on your selection for this event. Since time is short, **please complete and return the confirmation, consent and kit requirements as soon as possible** (see below). Check the team list for all events that you have been selected for, and keep this letter safe, as it contains important information about the event.

Transport: We will **not** be taking a coach on this occasion, and athletes are asked to make their own way to the venue. Please contact us if this will cause problems.

Arrival: Athletes should report to their team manager **at least 90 minutes before their race start time**. Please allow time for traffic on the M5, which can be heavy later in the morning.

Team managers will be based in the stand, probably right of middle (facing stand). Please ask for:

Kit (all ages)	Jim Strudwick		
Junior Girls	Sue Jones	Junior Boys	Dave Cook
Intermediate Girls	Jim Strudwick	Intermediate Boys	Neil Miller
Senior Girls	Lesley Nunn	Senior Boys	Dave Turner

Athletes may return home with their parents after their event, provided that they tell their team manager.

Cost: The event cost will be £15 per athlete to cover match entry fees and administration.

Payment: You can either:

- pay **online**, to Avon Schools Athletic Association, sort **52-10-05**, account **99013738**. Please quote athletes' name as reference, and note the **account details have changed from previous events**.
- or **post** a cheque to Jim Strudwick, 8 Chevening Close, Stoke Gifford, BS34 8NJ.

Please remember to include both match fees and the cost of any kit purchased (see below).

Food, Drink and Clothing: It will be a long day so ensure you have enough food and water with you. There may not be hot food available this year, but light refreshments possibly on sale in the club house. Changing is limited, so please come changed ready to compete.

Please come prepared for all weather. The stadium can be cold and windy, and it is better that you find yourself having to take clothes off, rather than to sit about getting cold. See below for county vests and shorts.

Parents and Supporters: Please note that there may be a £3 charge for entry into the stadium (programmes are £2), which may need to be paid for in cash.

Medical Clearance: There may be anti-doping drug testing at this event. Please keep a note of any medicine (whether prescribed or over the counter remedies) taken in the 7 days leading up to this event. You do not need to give this to anyone, unless selected for drug testing. A team manager will always accompany any athlete selected for testing. Athletes who expect to compete at an international level should check whether they need a full Therapeutic Use Exemption (see the TUE page of the UK Athletics website).

Kit: All runners must wear a county vest, which can be purchased or borrowed. Athletes can wear county shorts, or their own black or navy shorts. Other county kit is also available to buy (see below).

Avon Schools' County Kit is available **to purchase:**

Vests	£16.00	Sizes Small, Medium, Large
Classic Shorts	£13.00	Sizes Small, Medium, Large
Lycra Shorts	£17.00	Sizes Small, Medium, Large
Hoodies	£20.00	Sizes Small (up to 38 inches/97 cm), Medium (up to 42 inches/107cm), Large (up to 46 inches/118cm)

Kit is also available **to borrow** (for free): Vest, classic shorts, lycra shorts (but not hoodies), sizes as above. Please hand borrowed kit back to your team manager before leaving.

Confirmation to compete

We are again using email to confirm (or turn down) athletes' availability. There is a link on the website which should generate a preformatted email. On the return we only need to know of any condition which might present a problem on the day, for example should you need medical treatment (e.g. intolerance to drugs). Please DELETE items not required / add sizes for items required (DON'T use strikethrough font, my parser doesn't pick it up!)

Should the website link not work for you, please create an email and copy and paste the text below.

To: manager.tf@avonschoolsathletics.org.uk
Subject: South West Schools T+F Championships

Athlete's NAME:

Athlete's Date of Birth:

Athlete's School:

I have the following allergies/intolerance to drugs:

IMPORTANT Parent/guardian please enter your name below to confirm

'I consent to the above-named athlete to attend the South West Schools Track and Field Championships, and vest in the Avon Schools Team Managers the power to act in loco parentis at all times. In the case of injury or sudden illness, and the managers are unable to contact me immediately the need arises, I permit them to authorise medical treatment, including submission to an operation and administration of anaesthetic.'

NAME (Parent or Guardian):

Parent's MOBILE phone number:

I wish to BUY (delete those not applicable):

Vest / Classic shorts / Lycra shorts / Hoody

Sizes (for each):

I wish to BORROW (delete those not applicable):

Vest / Classic shorts / Lycra shorts

Sizes (for each):

PAYMENT (see letter)

Total due including £15 match fees is: £

I am paying: ONLINE / posting a CHEQUE

UK Athletics Anti-Doping Statement

"An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the licence holder is a citizen of, or resident in, the UK."