



## Under World Athletics (WA) Rules

### **BIGish ATHLETE LETTER 2026**

Dear Athlete

**Bedford International Athletics Stadium, MK41 9SB – Monday May 25th 2026.**

Thank you for your entry to the **32nd BIGish Jumps & Throws Fest 2026**. If you were on the WAITING list and are receiving this letter we are delighted to let you know that you are now in the competition.

A Final Timetable. Event Pools & Start times will be at [www.bedfordgames.co.uk](http://www.bedfordgames.co.uk). Please check carefully before the day as there may be minor movements from one Pool to another. You will not be contacted regarding these changes. It is your responsibility to check.

If you are in more than one event you will receive separate emails. We have tried our best to ensure “double ups” are possible but if you were in more than one event and these clash please can you let me know immediately which you wish to do. We expect to have reserve lists in all events.

You will find more details on the Entry Lists and Timetable pages on our web site as well as on [Entry4sports.com](http://Entry4sports.com).

**Please also READ everything below as there is a lot of information we need to pass on to you.**

It is IMPORTANT that you check over the next few days for any updates to Pools or Timetable. **If any of the above details are incorrect, please contact me as a matter of URGENCY.**

If you need to **WITHDRAW** from this competition, please email [carol@gobiguk.net](mailto:carol@gobiguk.net) as soon as possible, as we have a reserve list in all events. You CANNOT withdraw via the E4S site. No REFUNDS will be issued.

BIGish is a unique event in the Fixtures calendar and we hope it will provide a fun, athlete friendly environment in which to qualify whatever your level (European Champs, Euro U18's, World Juniors or even English Schools) as well as providing a great opportunity to return to high level competition early in the season.

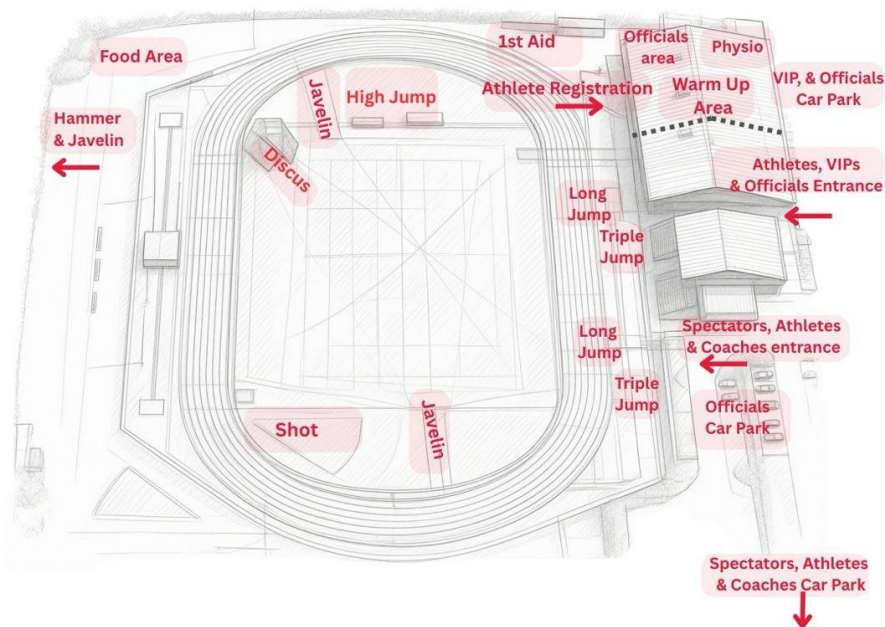
Events on the day are being overseen by the following people – High Jump (Simon Hemmings), Long & Triple (Darren Ritchie), Hammer & Javelin (Nick Ridgeon) and Discus & Shot (Mark Chapman/Greg Beard) with the overall organisation being handled by BIG.

The meeting is a World Athletics Ranking Competition 2026 and has a UKA Level 2 Permit and will be run under WA Rules. Top level officials will be present ensuring all performances can be ratified.

**PLEASE NOTE: Due to the new track surface Only Christmas Tree spikes will be allowed (there will be spikes to buy at Reception but we recommend you purchase before the day to avoid any problems). You WILL NOT be able to compete if you do not have Christmas Tree spikes and these will be checked at the competition site.**

**High Jump Max 9mm**

**Long & Triple Jump Max 6mm**



**ATHLETE ENTRY** to the stadium will be via the **MAIN ENTRANCE** only where you will be given a wristband which must be worn at all times.

Once you have your wristband you will find the Athlete Registration Desk inside the arena where you can collect your Bib

**N.B** Please go from the Main entrance to the Athlete Registration Tent via the outside route as we have only been able to book the bottom end of the Sportshall

**ATHLETE REGISTRATION TENT** – will be situated near the ramp into the Indoor area.

You must register at least 60 minutes before your event. A single Bib will be issued for all events this year.

**SPECTATOR ENTRY** – will be through the gate near the 100m start. There is a charge of £6 for spectators (U12's & O65 £4.00, Family (2 + 2) £18.00 ). A card machine will be available but cash is also acceptable

**COACHES ENTRY** will be through the gate near the 100m start. Only the Athlete's MAIN Coach, as designated on Power of 10, will be allowed free entry by pre-registering by Friday 22<sup>nd</sup> May at <https://www.bedfordgames.co.uk/coaches-registration> . There will be no charge on production of their current valid UKA Coaches licence on the day but they will need to pay £6 if this is not shown or has expired. N.B. Only one coach per athlete will be allowed to pre-register for free entry.

Other Coaches with a valid UKA Licence can enter at a reduced price of £4 on production of their current valid licence.

**WARM UP AREA** – the lower end of the Indoor area has been booked for warm up as well as the track. Please be aware of field events taking place around the site.

**WEIGHING OF EQUIPMENT** - at the Equipment Room on the Ramp at least 1 hour before your event.

**DISALLOWED EQUIPMENT IN THE COMPETITION AREA** – Athletes are reminded that mobile phones / iPods, Smart watches, Tablets, cameras, etc must not be taken into the competition area and this will be checked at your event site.

**REPORTING for your Pool** – There will be no FINAL CALL area so please go directly to your competition area 30 minutes before your event start time. All spikes, kit, disallowed equipment, etc will be checked at your competition site. Please ensure you report 30 mins before event start time to begin Technical warm up as numbers are high and it will take time to mark & set up run-ups etc.

**SPECTATOR & COACHING AREAS** – As there are no track events it will be possible to get closer to the event sites and these areas will be roped off. **COACHES AREAS** will be designated near all event sites so can you please ask your coaches to adhere to them. When walking between events, please walk round the outside of the track. Seats in the stands will be available.

### **HIGH JUMP**

- Competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
- 2 beds will be run so please ensure you know which bed you are jumping on.
- Progressions will be decided before the competition and we will look to go through as many of the relevant qualifying standards as possible.
- We will ensure the first height in each competition is comfortable for all.
- Call up will be **30 mins prior to start time**. Call up will be at the High Jump area.

### **LONG JUMP**

- All competitions will be measured by EDM with Electronic No-Jump equipment also in use
- All athletes will have 6 Trials
- The competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
- PLEASE NOTE: There will be NO reversal of the jumping order after Round 3
- **Call up will be 30 mins prior to start time**. Call up will be at the Long Jump site.

### **BIG on TOUR**

Please remember that this is the 2<sup>nd</sup> of the series and all performances will be included in the scoring tables to be produced after this event. Similarly Meeting Records can be set in this event and the current ones will be on display around the stadium on the day.

### **TRIPLE JUMP**

- All competitions will be measured by EDM with Electronic No-Jump equipment also in use
- Competitions will use the 9m, 11m or 13m boards respectively and boards will not be changed mid competition
- All athletes will have 6 Trials
- Two cards (Men & Women) will be run where the pools are mixed to make the competition legal.

- PLEASE NOTE: There will be NO reversal of the jumping order after Round 3
- **Call up will be 30 mins prior to start time.** Call up will be at the Triple Jump site.

## DISCUS

- The Discus cage is inside the Arena
- All athletes will have 6 Trials
- EDM is being used for Discus.
- There will be NO reversal of the Throwing order after Round 3
- The competitions have been mixed and split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
- **Call up will be 30 mins prior to start time.** Call up will be at the Discus area.

## SHOT

- All athletes will have 6 Trials
- The Shot circle is by the 200m start inside the Arena
- EDM is being used for Shot
- There will be NO reversal of the Throwing order after Round 3
- **Call up will be 30 mins prior to start time.** Call up will be at the Shot area.

## HAMMER

- All athletes will have 6 Trials
- The Hammer cage is Outside the Arena
- EDM is being used for Hammer
- There will be NO reversal of the Throwing order after Round 3
- The competitions have been mixed and split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
- **Call up will be 30 mins prior to start time.** Call up will be at the Hammer area

## JAVELIN

- All athletes will have 6 Trials
- One competition is in the Inside Arena and one Outside due to timetabling issues and the number of entries this year
- EDM is being used for Javelin
- There will be NO reversal of the Throwing order after Round 3

- The competitions have been mixed and split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
- **Call up will be 30 mins prior to start time.** Call up will be at the Javelin area
- **CAR PARK** - Please park in the main car park on the field. PLEASE park sensibly. There is no charge for the Car Park.
- **MEDICAL COVER** – A Physio will be present as well as First Aid cover
- **WATER** – No Water will be available for you. Please bring your own. There is a water tap at the site. Be aware that the forecast, at the moment, is good so you will need to bring adequate water with you
- **REFRESHMENTS** – We are delighted that:

The Olive Kitchen with delicious crepes and really lovely Burgers

The Bedford Coffee Van will also be there with hot & cold food and drinks

- **BIG** cannot accept responsibility for incurred expenses should the meeting be cancelled or postponed, nor can **BIG** accept responsibility for any injury or loss incurred at this event.
- **BIG** reserves the right to decline entry to any person unable to meet or abide by the promoter's conditions.

Please do not hesitate to contact me on the numbers below or by email if you have any further questions. We look forward to seeing you on May 25th and to a great day of Field event competitions as we celebrate our 32nd year.

With best wishes,

**Carol Jackson**

**Meeting Director**

07850 190299

Notes to be found on [www.bedfordgames.co.uk](http://www.bedfordgames.co.uk) and at E4S from Wednesday 20th onwards

Timetable

Event Pools