



Under World Athletics (WA) Rules

«ATHLETE»

«Email»

BIGish ATHLETE LETTER 2025

Chelmsford Athletics Stadium, CM1 2EH – Monday May 26th 2025

Thank you for your entry to the **31st BIGish Jumps & Throws Fest 2025**. If you were on the WAITING list and are receiving this letter you are now in the competition.

BIB No : «**BIB**» EVENT : «**EVENT**»
 POOL: **POOL** «**POOL**»

Pools & Start times will be at www.bedfordgames.co.uk. The Timetable is being updated and should be on line tomorrow 20th May. 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.

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 as soon as possible, as we have a reserve list in all events. You CANNOT withdraw via the E4S site.

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 (World Champs, Euro U23, Euro 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 (Ben Davies), Hammer & Javelin (Nick Ridgeon), Discus & Shot (Mark Chapman) and Pole Vault (Beth Harris) with the overall organisation being handled by BIG.

The meeting is a World Athletics Ranking Competition 2025 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.

The following spikes must be worn

Max 6mm
Long & Triple Jump

Max 9mm
High Jump

NB ATHLETE ENTRY to the stadium will be via the MAIN ENTRANCE only

- Please look at our website or E4S for details of your **Pools and Timetable**.
- **ENTRY TO THE STADIUM** - for everyone is via the main gate to the Sports Centre. There will then be 2 separate arrival desks for Athletes and Coaches/Spectators. Once you have your wristband you will find the Athlete Registration Desk inside the arena where you can collect your Bib

Wrist bands will be issued and must be worn at all times.

- **ATHLETE ENTRANCE** – is through the main gate to the Sports Centre. The Athlete Entry Table will be one of the Gazebos towards the track. All entrances will be well signposted.
N.B You should not go into the Main Sports Centre building.
- **REGISTRATION TENT** – is just inside the track gates and will be signposted. You should register at least 60 minutes before your event. **90 minutes for Pole Vault**. A single Bib will be issued for all events this year.
- **SPECTATOR ENTRY** – will be through the gate to the Sports Centre. The Spectator Entrance will be one of the tables towards the track. 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
N.B You should not go into the Main Sports Centre building
- **COACHES ENTRY** will be through the gate to the Sports Centre. The Spectator/ Coaches Entrance will be one of the Gazebos towards the track. Only the Athlete's MAIN Coach, as designated on Power of 10, will be allowed free entry by pre-registering by Friday 23rd May at <https://www.bedfordgames.co.uk/coaches-registration> . There will be no charge on production of their current valid UKA Coaches licence 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.**N.B** You should not go into the Main Sports Centre building
- **WARM UP AREA** – Please use the track areas available but please be aware of field events taking place around the site.
- **WEIGHING OF EQUIPMENT** - at the Equipment Room at least 1 hour before your event.
- **DISALLOWED EQUIPMENT IN THE COMPETITION AREA** – Athletes are reminded that mobile phones / iPods, Smart watches, iPads, cameras, etc must not be taken into the competition area and this will be checked at your event site.

- **REPORTING** – There will be no FINAL CALL area so please go directly to your competition area 30 or 45 minutes before your event start time, **60 minutes for Pole Vault**. All spikes, kit, disallowed equipment, etc will be checked at your competition site. Please ensure you report 45 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 45 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 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 45 mins prior to start time.** Call up will be at the Long Jump site.
- **TRIPLE JUMP**
 - All competitions will be measured by EDM with Electronic No-Jump equipment in use
 - Competitions will use the 9m, 11m and 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 45 mins prior to start time.** Call up will be at the Triple Jump site.
- **POLE VAULT**
 - Competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
 - 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 1 hour prior to start time.** Call up will be at the Pole Vault area.
- **DISCUS**
 - All athletes will have 6 Trials
 - EDM is being used for Discus.
 - There will be NO reversal of the Throwing order after Round 3

Commented [DR1]: This is normally longer at events.

- The competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
- **Call up will be 45 mins prior to start time.** Call up will be at the Discus area. Pool A inside the Stadium, Pool B outside the Stadium
- **SHOT**
 - All athletes will have 6 Trials
 - EDM is being used for Shot
 - There will be NO reversal of the Throwing order after Round 3
 - The competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
 - **Call up will be 45 mins prior to start time.** Call up will be at the Shot area.
- **HAMMER**
 - All athletes will have 6 Trials
 - EDM is being used for Hammer
 - There will be NO reversal of the Throwing order after Round 3
 - The competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
 - **Call up will be 45 mins prior to start time.** Call up will be at the Hammer area.- at the Inside cage
- **JAVELIN**
 - All athletes will have 6 Trials
 - EDM is being used for Javelin
 - There will be NO reversal of the Throwing order after Round 3
 - The competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal.
 - **Call up will be 45 mins prior to start time.** Call up will be at the Javelin area
- **CAR PARK** - Please park in the main car park. If we need extra space then the field to the left of the drive will be opened. PLEASE park sensibly. There is no charge for the Car Park.
- **MEDICAL COVER** – A Paramedic team will be present.
- **WATER** – No Water will be available for you. Please bring your own. I believe 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:
 - Gusto Catering will be there. They will be providing such delicious food as Hog Roast, Chicken & Chorizo Paella, Vegetable, Paella and much more. They will be there all day so please support them with your custom.
 - The Bedford Coffee Van will also be there.
- **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 26th and to a great day of Field event competitions as we celebrate our 31st year.

With best wishes,

Carol Jackson

Carol Jackson
Meeting Director
07850 190299

Notes to be found on www.bedfordgames.co.uk from Tuesday 20th Onwards

Timetable

Entry Lists

Event Pools