



BIGish Jumps & Throws Fest
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BIGish JUMPS & THROWS FEST 2023

Under World Athletics (WA) Rules

**Ashton Playing Fields, 598 Chigwell Road, Woodford, Woodford Green,
IG8 8AA
Monday 29th May 2023**

«Email»

Dear «NameFirst» «NameLast»

**Ashton Playing Fields, 598 Chigwell Road, Woodford, Woodford Green IG8 8AA
Monday 29th May 2023**

Firstly our apologies for the late change in venue but we were left with no option regarding available facilities. We are very grateful to Chelmsford Athletics Stadium and Woodford Green Stadium for arranging for this change to take place.

Thank you for your entry to the **BIGish Jumps & Throws Fest 2023**. If you were on the RESERVE list and are receiving this letter you are now in the competition and IF you have not already paid can you please do so asap (<https://www.bedfordgames.co.uk/payment>). If you are receiving this letter you are DEFINITELY on the start lists.

Below is relevant information for your event.

You are entered in the **«Event»** You are in **POOL «Pool»**

Report time at your event site is 30 minutes pre competition start time for all events except High Jump which is 45 minutes. As time is very tight for the Horizontal Jumps on a single runway PLEASE could Long Jump Pool A athletes and all Triple Jumpers be close to the site 45 minutes before so we can go early if possible.

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 are in more than one event and these clash please can you let me know immediately which one you wish to do. We have reserve lists in all events.

You will find more details on the Entry Lists, Arrival Times & Timetable paperwork on our [web site](#).

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 the website 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.

This is the 8th year of our Jumps & Throws Fest and we are really looking forward to holding this unique event in the Fixtures calendar. We hope it will provide a fun, athlete friendly environment in which to qualify whatever your level (World, World Paras, European, Commonwealth, World Junior, Euro Youths, or even English Schools) as well as providing an opportunity to return to high level competition this season. Running alongside us is the Hurdles Fest and we are working hard to ensure that both events can run smoothly and are sure that this will add to the atmosphere.

Events on the day are being overseen by the following people – High Jump & Javelin (Carol Jackson), Long & Triple (Ben Davies), Hammer (Paul Head), Discus & Shot (Mark Chapman) with the overall organisation being handled by BIG.

The event will be run under WA Rules. A Level 2 Permit has been obtained and top level officials will be present ensuring all performances can be ratified. Level E World Ranking Points has also been granted

The following spikes must be worn

Max 6mm
Long & Triple Jump

Max 9mm
High Jump

NB ATHLETE ENTRY will be via the Turnstiles or adjacent gate. Please only use those dedicated to BIGish

- Please look at the website for details of your **Pools and Timetable**.
- **VERY IMPORTANT TO AVOID CONFUSION WITH THE HURDLES FEST**
 - **BIGish ENTRY TO THE STADIUM** for Athletes, Coaches & Spectators will **be via the Turnstiles or adjacent gate. Please only use those dedicated to BIGish**

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

- **WEIGHING OF EQUIPMENT** - at the Equipment Store which is next to the Club House (on the top bend) at least 1 hour before your event. A maximum of 2 implements will be allowed as per W A Rules.
- **CLOTHING** – You may wear any kit as long as it complies with UKA / EA rules
- **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.
- **REGISTRATION** – is at the Registration desk (which will either be under a Gazebo or inside the building). Please follow the BIGish signs. Bibs will be issued this year.
- **REPORTING** – There will be no FINAL CALL area so please go directly to your competition area (see event notes below and paperwork on the website for exact times). All spikes, kit, disallowed equipment, etc will be checked at your competition site. Please report 30 mins before event start time (HJ 45 mins) to start warm up as numbers are high and it will take time to mark & set up run-ups etc.
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- **SEATING** - As I am unsure whether there are any seating areas can we suggest you bring chairs with you. And remember the suncream as limited shade.

- **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.
- **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**
 - EDM will be used for all competitions
 - All athletes will have 6 Trials
 - There will be a Men's & a Women's competition.
 - 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 event site.
 - **Pool A** can you please be around the pit 45 minutes before to enable an earlier start if possible as time is very tight.

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

TRIPLE JUMP

- EDM will be used for all competitions
 - Competitions will use the 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 30 mins prior to start time.** Call up will be at the Triple Jump event site.
 - **Will ALL athletes in these events** please be around the pit 45 minutes before to enable an earlier start if possible as time is very tight
- **DISCUS (Inside cage)**
 - Competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal
 - EDM will be used for all competitions
 - All athletes will have 6 Trials
 - 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 your event site.
 - **SHOT**
 - Competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal
 - EDM will be used for all competitions
 - All athletes will have 6 Trials
 - 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 (Outside cage)**

- Competitions have been split by performance and two cards (Men & Women) will be run where necessary to make the competition legal
 - EDM will be used for all competitions
 - All athletes will have 6 Trials
 - 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 your event site.
- **SPECTATOR ENTRY** – will be via one of the Turnstiles. Please follow the signs. Please only use those labelled for BIGish.
 - There is a charge of £5 for spectators (U12's & O65 £3.00). We would be grateful if you could have the exact money available. No card or cheque payments will be possible.
 - **SPECTATOR & COACHING AREAS** – We are still hoping to be able to provide areas close to the events as usual but we will need to be aware of the Hurdles Races. **After 12.00 this should ease as all long hurdles races will be finished.**
 - **COACHES ENTRY** will be via one of the Turnstiles. Please follow the signs. Please only use those labelled BIGish
 - Only the Athlete's MAIN Coach, as designated on Power of 10, will be allowed free entry by pre-registering by Saturday 27th 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 £5 if this is not shown or has expired.
 - N.B. Only one coach per athlete will be allowed to pre-register for free entry.
 - **CAR PARKS.** There is the main one and an overflow one. We are not sure if you will have to pay but will put a note about this on our web site as soon as we know .
 - **MEDICAL COVER** – A Paramedic Team will be present. Please note there will be no Physio in attendance.
 - **WATER** – No Water will be available for you. Please bring your own.
 - **REFRESHMENTS** – the WG&EL Tea room will be open for refreshments and the Bedford Coffee van will be there with salads and sandwiches will be a coffee van.
 - **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 29th and to a great day of Field event competitions as we now look forward to Budapest, Finland, Jerusalem, Trinidad and beyond.

With best wishes,

Carol Jackson

Carol Jackson
Meeting Director
07850 190299

Sue Parmiter

Sue Parmiter
Officials Coordinator
01295 712485

Notes to be found on www.bedfordgames.co.uk

Timetable

Entry Lists

Event Pools

