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South West Schools Track & Field Championships Saturday 15th June 2019 at Exeter Arena

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: All athletes must travel to Exeter on the team coach, unless specifically authorised otherwise.

Coach 1 Avon Street Coach Park, Bath	7.45am
Coach 2 Parkway Station	8.00am
Coach 1 & 2 Gordano Services	8.30am

Athletes may return home with their parents after their event, provided that they tell their team manager. Alternatively, they can return on the coach after the last event has finished.

Cost: The event cost will be £20 per athlete. This covers transport and match entry fees.

Payment: You can either:

- pay **online**, to Avon Schools AA, sort 40-17-32, account 71194836 (please quote athletes' name as ref.);
- 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.

Food, Drink and Clothing: It will be a long day so ensure you have enough food and water with you. 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. However, it is not impossible that the day will be hot and sunny, so please bring sun-tan lotion. See below for county vests and shorts.

Parents and supporters: You are welcome to come and support, but will need to make your own way to the venue (although we may have a very few spaces on the coaches, on a first come, first served basis). A timetable of the event will be posted on the Devon Schools Athletics Association 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:

Vest	£12.50	Sizes Small, Medium, Large
Classic Shorts	£12.50	Sizes Small, Medium, Large
Lycra Shorts	£16.50	Sizes Small, Medium, Large
Hoodies	£18.00	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.

Kit will be handed out on the coach.

Medical Conditions and Clearance: On your confirmation and consent return we only need to know of any condition which could present a problem on the day, or if you need medical treatment (e.g. asthma or intolerance to drugs).

It is possible (although very unlikely) that there will be anti-doping 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 of drug testing.

Athletes who have, or expect to compete at an international level should check whether they need a full Therapeutic Use Exemption. Please see the TUE page of the UK Athletics website.

Confirmation to compete

This year we are using email to confirm (or turn down) athletes' availability. There is a link which should generate a preformatted email on the website. Should that not work, please copy and paste the text below.

To: manager.tf@avonschoolsathletics.org.uk

Subject: South West Schools T+F Championships

(Please DELETE items not required / add sizes for items required, see letter for sizes. Please do NOT use strikethrough font)

Athlete's NAME:

Athlete's Date of Birth:

I will join the coach at: Bath / Parkway / Gordano

I will return home: By Coach / With Parent

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 / Sweatshirt / 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 £20 match fees is: £

I am paying: ONLINE / posting a CHEQUE

Data Collection and Storage: Athletes' data is gathered for the purposes of the 2019 South West and English Schools Track and Field Championships only. It will be held securely on UK based systems, will not be shared with anyone apart from the organisers of those championships (themselves GDPR compliant), and will be destroyed after the English Schools Championships.