



Birmingham Rowheath Athletics Club

Track Rules

The Birmingham University track is booked for Birmingham Rowheath A.C. use on:

- Monday – 6.30 pm to 8.30 pm
- Thursday – 6.30 pm to 8.30 pm
- Sunday – 10.00 am to 12.00 noon

Club members are not entitled to use the track outside of these times without payment. Track staff may ask to see identification that you are a member of the club. Hadley stadium is by individual payment at the time of use.

No cycling, skating or skateboarding on the track. No dogs (apart from guide dogs) allowed on the site. The entire site is a no smoking area.

1. Do not cross the infield without the permission of your coach.
2. Warm up / recovery laps and walk backs should be completed on the outer lanes (6, 7, 8) or outside of the track.
3. Warm up laps to be completed in a clock-wise direction, so training athletes can be seen. Stretching should be done off the track.
4. Hurdles, High, Long & Triple Jumps – All juniors must be accompanied by a qualified coach or be under the supervision of an adult who is fully conversant with safety procedures of the event.
5. Throws - No throwing equipment can be used by anyone under the age of 18 without the guidance of a qualified coach. Senior athletes should be accompanied by a colleague fully conversant with the safety procedures of the event.
6. The track should be left clear after training at all times. Any Hurdles or throws implements must be returned to the storage hut.
7. No ball games are permitted near the track.
8. For safety reasons and as a courtesy to other track users, radios, mobile phones or personal stereos should not be used on the track.
9. Long jump pits should be left tidy i.e. the pit raked, the surrounding area/runway fully swept and the covers replaced.
10. All rubbish and litter must be placed in the bins provided or taken home for disposal.
11. Maximum spike length 6mm. (Javelin 12mm).