

**2019 Leicestershire & Rutland Track and Field Championships**  
**Saffron Lane Athletics Stadium, Leicester, LE2 7NQ**  
**Saturday 11th and Sunday 12th May 2019**  
**Terms and Conditions**

It is a condition of entry that you read this prospectus and accept the conditions in it. The Championships are held under UKA Rules and the Rules of Leicestershire & Rutland AA.

*Please take the time to read this document BEFORE entering any of the championship events.*

1. **ATHLETICS RULES** All events will be subject to UKA Rules for Competition and the County Athletic Association Rules. (The championship events are subject to the county UKA Permit for 2019.)
2. **CLUB MEMBERSHIP & CLOTHING** Athletes who are a member of a club affiliated directly or indirectly to UK Athletics must include their EA number (URN) on the entry form. They should wear their club vests at competition. All athletes are reminded that all clothing must be clean, and so designed and worn as not to be objectionable, even if wet. Brand names on clothing must comply with the UKA rules.
3. **EQUIPMENT** The organisers will provide implements for the throwing events and pole vault but competitors may use their own implements provided that these are weighed and checked **a minimum of one hour prior** to the scheduled start of the individual event and approved by the Technical Manager / Referee. Competitors' own starting blocks may be used if they conform to stadium regulations and are approved by the Starter's Assistant on the day.
4. **ELIGIBILITY** County qualification is **either by birth in Leicestershire or Rutland, or by 9 months continuous residence\*** prior to competition, **or** by 9 months service in a unit of HM forces stationed in the County. \*Please note UKA Rule 21 s6 (1) which explains a) the residence conditions relating to students in term-time and b) issues relating to those who have moved out of the area but have not competed for any other County since their move.
5. **AWARDS** County Championship medals will be awarded to the first three competitors per event/gender regardless of the number of entries.
6. **PHOTOGRAPHY** If you see anybody acting inappropriately, with or without any form of photography equipment, please tell the nearest Technical Official immediately.
7. **IMPORTANT INFORMATION FOR 2019**
  - There is no Electronic Timing (Photo Finish) for any of the events on 11<sup>th</sup> and 12<sup>th</sup> May due to the unavailability of Photo finish judges and equipment in the County on those dates.
  - Athletes must confirm their entry at Registration **ON EACH DAY at least 60 minutes** before their event start time. The athlete's vest number will be different on each day.
  - All Club athletes (other than the Under 11 entries) **MUST** provide their EA number which will be checked with EA before the event. Children who are not in a club and who are entering with a school affiliation only do not need a number but must state their school on the entry form.
  - Children who are in the Under 11 age category can enter individual events as part of the development programme - these are not championship events, but suitable medals will be awarded.
  - Please check the County website for important information about entry for the Hammer, Pole Vault, Relays and Steeplechase events
8. **ENQUIRIES** Please address enquiries to us using the special email address for ALL the Championship events: [LnRAAchamps@gmail.com](mailto:LnRAAchamps@gmail.com). None of the following are responsible for the championship rules and would not be able to make the appropriate decisions: the online booking website, the staff at the stadium venues, and the hosts for our additional events (e.g. Charnwood Open meetings).

# Entry Information and Conditions of Entry

You must enter individual events on 11/12 May using the online entry system.



The closing time is 22:00 on Thursday 25<sup>th</sup> April 2019.

9. Here is a direct link to the online entry system: [https://bookitzone.com/Leics\\_Athletics/NSjFFX](https://bookitzone.com/Leics_Athletics/NSjFFX)  
There is more information on the Leicestershire & Rutland AA website: [www.LRAA.org.uk](http://www.LRAA.org.uk)

## 10. Entry Fees: The entry fees for each event have not increased this year

- Masters, Seniors and Under 20 £8.00 per event
- Under 13 - Under 17 inclusive £6.00 per event
- Under 11 Development events £3.00 per event

11. **Online Entries:** You will need to register first with "Bookitzone" (and receive their emailed acknowledgement if you have not used them before. You will be sent a confirmation email once you have paid for your entry. If you do not get the entry confirmation email then your entry has not been accepted or you have made a mistake in typing your email contact address. We or Bookitzone will also send you an email sometime between the closing date and the meeting to let you know more details of the meeting including the precise timetable. We will try to produce lists of entries (name and club) at regular weekly intervals. Please ensure the online details are those of the athlete (or their parent/guardian) rather than the club/coach/friend making the entry - in the past we have struggled to contact athletes/parents so that our queries are dealt with promptly. Please be aware that these contact details may be used to contact you regarding other county championship events.

12. **Late Entries and/or requests for event changes after the closing date:** The Championship policy is to refuse late entries or change requests after the closing date.

13. **Event Cancellation and Refunds:** The organisers may cancel an event if there are very few or no entries or if the athletes can be otherwise accommodated. If an event is cancelled then athletes will be informed beforehand and given a refund. Refunds will not be given for any other reason. If the entire meeting or a complete day is cancelled for any reason (this has never happened before) then all athletes will be refunded 80% of their fees. The County will retain 20% to cover unavoidable costs.

## 14. Age Groups and Age-specific Rules

Masters	at least 35 on day of competition (we do not offer age categories within Masters)
Seniors	at least 20 at midnight on 31/12/19
Under 20	at least 17 at midnight 31/8/19 and under 20 at midnight on 31/12/19
Under 17	at least 15 but under 17 at midnight on 31/8/19
Under 15	at least 13 but under 15 at midnight on 31/8/19
Under 13	at least 11 on 31/8/19 but under 13 at midnight on 31/8/19
Under 11	at least 9 on date of competition and under 11 at midnight on 31/8/19

(Under 11s compete in individual development events - NOT Championship events)

## 15. Maximum events:

- Under 17/15/13 athletes are not allowed to compete in more than 3 individual events on one day.
- Under 20 athletes are not allowed to compete in more than 5 individual events on one day.
- Under 13/15 athletes cannot compete in 800m and 1500m on same day.
- Under 11 athletes cannot compete in more than 3 events.

## 16. Available Championship Events - Venues and Dates

- **Wednesday 17th April, Pingles Stadium, Nuneaton**
  - 10,000m - U20, Sen and Mas (35+) - download an entry form from LRAA.org.uk
- **Saturday 11th May at Saffron Lane Athletics Stadium, Leicester**
  - Track: 100m, Sprint Hurdles (75, 80, 100, 110), Male 800m, Female 1500m, 5000m (All)
  - Field: Long Jump, Discus, Shot Put.
  - U11 Development events - 75m, 150m, 600m, Long Jump & Relay.
- **Sunday 12th May at Saffron Lane Athletics Stadium, Leicester**
  - Track: 200m, Long Hurdles (300 or 400m), 300m (U15G/B, U17W), 400m (U17M, U20+ Male/Female), Female 800m, Male 1500m, 3000m (U17, U15), Walks, Relays (CLUBS)
  - Field: High Jump, Javelin, Triple Jump
- **Monday 10th June, Loughborough**
  - Hammer (all), Pole Vault (all)

Events	Male					Female				
	U13	U15	U17	U20	Sen/Mas	U13	U15	U17	U20	Sen/Mas
100m	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
300m	x	Sun	x	x	x	x	Sun	Sun	x	x
400m	x	x	Sun	Sun	Sun	x	x	x	Sun	Sun
1500m	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat	Sat	Sat
S/Chases	Please contact us no later than 25 <sup>th</sup> April if you wish to enter a steeplechase event									
SprintHurdles	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
200m	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
800m	Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun
3000m	x	Sun	Sun	x	x	x	Sun	Sun	x	x
5000m	x	x	x	Sat	Sat	x	x	x	Sat	Sat
4/300m Hurdles	x	x	Sun	Sun	Sun	x	x	Sun (300m)	Sun	Sun
3K Walk	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
Shot Put	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
Long Jump	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
Discus	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
Pole Vault	Monday 10 <sup>th</sup> June, Charnwood Open Meeting (contact us for entry details)									
Hammer	Monday 10 <sup>th</sup> June, Charnwood Open Meeting (contact us for entry details)									
High Jump	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
Triple Jump	x	Sun	Sun	Sun	Sun	x	Sun	Sun	Sun	Sun
Javelin	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
Relays (New)	SUNDAY: U13, U15, U17, U20-Mas (combined) - club entry form on County website									
Relays (New)	SATURDAY: U11 - club entry form on County website									

## 17. Field Event Trials, Entry Heights and Triple Jump Boards

Other than the Pole Vault and High Jump, athletes in the U13, U15 and U17 age groups field events will be given 4 trials. Athletes in the U20, Senior and Master age groups will be given 3 trials but the top six in each age group will be given three more. The Triple Jump board must be at least 7m.

Starting heights	U13G	U13B	U15G/MasW	U15B/MasM	U17W	U17M	U20W	U20M	SenW	SenM
High Jump	1.05	1.05	1.15	1.25	1.25	1.35	1.25	1.40	1.25	1.40