

**NORTHERN ATHLETICS**  
**Presents the**  
**2019 NORTH OF ENGLAND 'START FITNESS' TRACK AND FIELD CHAMPIONSHIPS**

*Held Under UKA Rules*

ONLINE ENTRY FOR ALL EVENTS IS AVAILABLE AT [WWW.RACE-RESULTS.CO.UK](http://WWW.RACE-RESULTS.CO.UK)

(Online entry to Combined Events via [www.englandathletics.org](http://www.englandathletics.org))

**SENIOR/U20 CHAMPIONSHIP MEETING (inc: Parallel Success IPC endorsed – see separate entry form)**  
**SPORT CITY, MANCHESTER – 1/2 JUNE**

**Saturday 1<sup>st</sup> June**

**Senior Men** 100m, 400m, 1500m, 5000m, 110m Hurdles, 3000m S'Chase, High Jump, Triple Jump, Shot, Hammer.  
**Senior Women** 100m, 400m, 1500m, 100m Hurdles, High Jump, Triple Jump, Shot, Hammer.  
**U20 Men** 100m, 400m, 1500m, 110m Hurdles, 3000m S'Chase, Pole Vault, Long Jump, Discus, Javelin.  
**U20 Women** 100m, 400m, 1500m, 100m Hurdles, Pole Vault, Long Jump, Discus, Javelin,

**Sunday 2<sup>nd</sup> June**

**Senior Men** 200m, 800m, 400m Hurdles, Pole Vault, Javelin, Long Jump, Discus.  
**Senior Women** 200m, 800m, 5000m, 400mHu, 2000m S'Chase, Pole Vault, Javelin, Long Jump, Discus.  
**U20 Men** 200m, 800m, 5000m, 400m Hurdles, High Jump, Triple Jump, Shot, Hammer.  
**U20 Women** 200m, 800m, 400m Hurdles, 2000m S'Chase, High Jump, Triple Jump, Shot, Hammer

**Closing Date** 13<sup>th</sup> May

ENTRY FEES: £12 FIRST EVENT. £8 FOR EACH ADDITIONAL EVENT.

DEFENDING CHAMPIONS: Free entry into corresponding event subject to receipt of entry forms

FREE ENTRY TO ALL SENIOR COUNTY CHAMPIONS (2019) IN CORRESPONDING EVENTS SUBJECT TO RECEIPT OF ENTRY FORMS

**Senior Men & Women 10,000m Track Championships will be held with the NECAA 10,000m Championships at Monkton Stadium, Jarrow on Wednesday 24<sup>th</sup> April at 6pm. Entries online at [www.race-results.co.uk](http://www.race-results.co.uk) or via the NECAA entry form available from [www.necaa.info](http://www.necaa.info) or [www.northernathletics.co.uk](http://www.northernathletics.co.uk)**

**U17/U15/U13 CHAMPIONSHIP MEETING,**  
**WAVERTREE ATHLETICS CENTRE, LIVERPOOL – 17/18 AUGUST**

**Saturday 17<sup>th</sup> August (Day 1)**

**UM17 Men** 200m, 800m, 400m Hurdles, 1500m S'Chase, High Jump, Triple Jump, Pole Vault.  
**U17 Women** 100m, 300m, 1500m, 3000m, 300m Hurdles, Long Jump, Triple Jump, Shot, Discus, Hammer  
**U15 Boys** 100m, 200m, 300m, 80m Hurdles, Long Jump, Triple Jump, Shot, Discus, Javelin, Hammer.  
**U15 Girls** 800m, 1500m, High Jump, Triple Jump, Javelin.  
**U13 Boys** 100m, 200m, 800m, Shot, Long Jump

**Sunday 18<sup>th</sup> August (Day 2)**

**U17 Men** 100m, 400m, 1500m, 3000m, 100m Hurdles, Long Jump, Shot, Discus, Javelin, Hammer.  
**U17 Women** 200m, 800m, 80m Hurdles, 1500m S'Chase, Pole Vault, High Jump, Javelin.  
**U15 Boys** 800m, 1500m, High Jump, Pole Vault  
**U15 Girls** 100m, 200m, 300m, 75m Hurdles, Long Jump, Pole Vault, Shot, Discus, Hammer.  
**U13 Girls** 100m, 200m, 800m, Shot, Long Jump

**Closing Date** 26<sup>th</sup> July

ENTRY FEES: £12 FIRST EVENT. £8 FOR EACH ADDITIONAL EVENT.

DEFENDING CHAMPIONS: Free entry into corresponding event subject to receipt of entry forms

- The Northern Athletics Inter County Championship (U17/U15) will be held at Middlesbrough Sports Village on 7<sup>th</sup> July 2019. Entry by County selection only  
The U20 M & W 3000m events will be held at the Inter County event – Entry on the day

**SENIOR/U20 COMBINED EVENTS CHAMPIONSHIPS – BEDFORD 25/26 May**  
**(Incorporating North, Midlands & Wales Championships)**

Entry form available from [www.englandathletics.org](http://www.englandathletics.org) or [www.northernathletics.org.uk](http://www.northernathletics.org.uk)

**Saturday 25<sup>th</sup> May/Sunday 26<sup>th</sup> May**

**Decathlon** Senior Men/U20 Men

**Heptathlon**

Senior Women/U20 Women

**Closing Date** 7<sup>th</sup> May

**U17/U15 COMBINED EVENTS CHAMPIONSHIPS – MANCHESTER – 3/4 August**  
**(Incorporating North, Midlands & Wales Championships)**

**Saturday 3<sup>rd</sup> /Sunday 4<sup>th</sup> August**

**Decathlon** U17 Men

**Heptathlon**

U17 Women

**Octathlon** U15 Boys

**Hexathlon**

U15 Girls

**Closing Date** 12<sup>th</sup> July

**All Age Groups -** £20.00

## **REGULATIONS - RE: ENTRY TO TERRITORIAL CHAMPIONSHIPS**

### **1 UK ATHLETICS RULES**

All events will be subject to UKA Rules for Competition (1<sup>st</sup> April 2018 edition)

### **2 ELIGIBILITY**

*NB: All events are confined to athletes who are 1<sup>st</sup> claim members of a club affiliated to Northern Athletics for 2018/19 and who have paid their 2019/20 affiliation fee to England Athletics. All registrations will be checked with EA.*

Entrants must not have not competed in any other area championship within the competition year.

### **3 NORTHERN ATHLETICS TERRITORY**

Consists of the Counties of Cheshire, Cleveland, Cumbria, Derbyshire, Durham, Gtr Manchester, Humberside, Isle of Man, Lancashire, Lincolnshire, Merseyside, Northumberland, North Yorkshire, South Yorkshire, Tyne & Wear and West Yorkshire.

### **4 EVENT RESTRICTIONS**

The Committee reserves the right to cancel any event in which the entries are insufficient to justify the holding of a Championship competition. In the case of a very large entry, events of 3000m or more may be split into 'A' & 'B' races. If an event is cancelled and an athlete chooses to move into a higher age group, the athlete will only qualify for an award in the upper age category and any performance will be deemed as appropriate to that age category only. NB

### **5 CLUB MEMBERSHIP AND CLOTHING**

After one year of competition, an athlete must be a member of a club affiliated directly or indirectly to Northern Athletics and England Athletics. Athletes who are club members **must** wear club vests or alternatively a County, Territorial or National vest. University vests are also acceptable. Other athletes must wear a plain vest approved by the Referee. All athletes are reminded that all clothing must be clean, and so designed and worn as not to be objectionable, even if wet. Crop tops are acceptable as team colours if they are in the same colours as the club vest and as near in design as possible. A mix of crop tops and vests in the same team is acceptable. Bib numbers must not be cut or folded.

### **6 EQUIPMENT**

The organisers will provide implements for the throwing events. Competitors may use their own implements provided that these are booked in a minimum of one hour prior to the scheduled start of the individual event and approved by the Technical Manager. Competitors must supply their own poles in the Pole Vault. Competitors must use stadium blocks wherever False Start Systems are in use, if not then personal starting blocks may be used if they conform to regulations and are approved by the Starter's Assistant. All age groups except U15/13 will be required to use false start systems.

### **7 ENTRIES**

The organisers reserve the right to refuse any entry. Entries will be confirmed by return email.

**IF YOU DO NOT RECEIVE AN E MAIL CONFIRMATION PLEASE TELEPHONE THE NA OFFICE ASAP.**

Late entries will not be accepted and the organisers cannot be responsible for non-receipt of emails or wrongly completed entries. Athletes (or if under 16, their parent/guardian) should check the details on the entry form before submission, since errors cannot be corrected after the closing date.

### **8 STARTING HEIGHTS**

**Pole Vault:** SM-3.50: U20M-3.20: U17M-3.00: U15B-2.35: SW-2.50: U20W-2.40: U17W-2.30: U15G-2.10

**High Jump:** SM-1.70:U20M-1.70: U17M-1.60: U15B-1.40: SW-1.45: U20W-1.45: U17W-1.40: U15G-1.30

**Triple Jump:** SM/U20M:11m or 13m boards. All other age groups: 7m/9m/11m/13m boards may be used.

**Discretion will be used for borderline standards in any event and for younger age groups (U15, U13)**



**Entry for all NA events is online only at [www.race-results.co.uk](http://www.race-results.co.uk)**

Northern Athletics would like to thank Start Fitness, Sportsoft, Manchester City Council, Staff of Manchester Regional Arena and Wavertree Athletics Centre, Liverpool Harriers, NECAA, Middlesbrough Sports & Leisure (EveryoneActive) and England Athletics for their support.

**TRACK & FIELD AGE GROUPS**  
for competition year ending 30.9.2019

Senior Men & Women	Born 31.12.99 or earlier
Junior Men & Women	Born 1.1.00 to 31.8.02
Under 17 Men & Women	Born 1.9.02 to 31.8.04 (Maximum 4 events)
Under 15 Boys & Girls	Born 1.9.04 to 31.8.06 (Maximum 3 events)
Under 13 Boys & Girls	Born 1.9.06 to 31.8.08 (Maximum 3 events)

Under 20 athletes may compete in Senior events.  
 Under 17 Men may compete as Juniors or Seniors except in the 5000m and 10000m.  
 Under 17 Women may compete as Junior or Senior except in the 5000m and 10000m.  
 Under 15 Boys may compete as Under 17s.  
 Under 15 Girls may compete as Under 17s.  
 Under 13s may compete as Under 15s.

**ENTRY FOR ALL EVENTS IS ONLINE AT WWW.RACE-RESULTS.CO.UK**

**PLEASE NOTE ENTRY STANDARDS WILL NOT BE APPLIED TO 2019 CHAMPIONSHIPS**

**CHAMPIONSHIP EVENT SUMMARY**

\*\* Northern Athletics shown as 'NA' \*\* \*\*England Athletics shown as 'EA' \*\*

<u>EVENT</u>	<u>DATE</u>	<u>VENUE</u>	<u>CLOSING DATE</u>	<u>FEES &amp; Entry website</u>
NA 10,000m Track Championships	24 <sup>th</sup> April	Monkton Stadium, Jarrow	19 <sup>th</sup> April	£8 Online at <a href="http://www.race-results.co.uk">www.race-results.co.uk</a> or <a href="http://www.necaa.info">www.necaa.info</a> Paper entry forms also available via <a href="http://www.necaa.info">www.necaa.info</a>
England Athletics Snr/U20 COMBINED EVENTS (inc. Northern CE Champs)	25 <sup>th</sup> May 26 <sup>th</sup> May	Bedford	3 <sup>rd</sup> May	£20 <a href="https://www.englandathletics.org/athletics-and-running/england-competitions/">https://www.englandathletics.org/athletics-and-running/england-competitions/</a>
Northern Athletics SENIOR/U20 CHAMPIONSHIPS	1 <sup>st</sup> June 2 <sup>nd</sup> June	Sport City Manchester	13 <sup>th</sup> May	£12 first event £8 per additional event <a href="http://www.race-results.co.uk">www.race-results.co.uk</a>
England Athletics U17/U15 COMBINED EVENTS (inc. Northern CE Champs)	3 <sup>rd</sup> August 4 <sup>th</sup> August	Sport City Manchester	12 <sup>th</sup> July	£20 Payable to EA <a href="https://www.englandathletics.org/athletics-and-running/england-competitions/">https://www.englandathletics.org/athletics-and-running/england-competitions/</a>
Northern Athletics U17/U15/U13 CHAMPIONSHIPS	17 <sup>th</sup> August 18 <sup>th</sup> August	Wavertree Athletics Centre	26 <sup>th</sup> July	£12 first event £8 per additional event <a href="http://www.race-results.co.uk">www.race-results.co.uk</a>

**DRUG TESTING**

I hereby i) acknowledge that I am bound by UKA's Anti-Doping rules, ii) agree to submit to drugs testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve my providing a blood and/or urine sample and iii) confirm that I am either aged 18 years or older or that the person(s) having parental responsibility for me consent to the above testing.

By entering this championship you are confirming your eligibility to compete under UKA Rules and that you are eligible to compete in a Northern Athletics Championship on the grounds of - \*Birth / \*Residence.

You are also aware that drug testing may take place and that Club (or representative) vests must be worn.

***Please check Championship Condition 2 (page 2) to ensure that you are eligible for this competition***

**ENTRY FOR NA EVENTS IS ONLINE AT WWW.RACE-RESULTS.CO.UK**  
**COMBINED EVENTS ENTRIES VIA [www.englandathletics.org](http://www.englandathletics.org)**

***Entries will be acknowledged by return email – all relevant information eg timetables/ directions etc. will be posted on the NA website at [www.northernathletics.org.uk](http://www.northernathletics.org.uk) Senior/U20 Age groups - £12 first event - £8 per additional event. U17/U15 Age groups - £12 first event - £8 per additional event***