



GAAA Track and Field

Championship 2024

Provisional timetable; this will be changed dependent on entries. Actual times could be 30+ minutes in either direction so be careful when entering track and field events. If there are not enough entrants to run heats and finals the finals will be run at the time of the heats.

Para-athletic competitors must declare their category.

Championship competitors must be qualified by birth or 9 months residence in Gloucestershire. Guest competitors – not eligible for medals - are welcome but must also declare as a guests.

The competition is held at Blackbridge Athletic Stadium, Gloucester.

Please use the lower car park on Podsmead Road, Podsmead, Gloucester GL2 5AB.

The upper car park (and grass overflow car park) will not be available due to building work. From 09:30 until 16:30 cars can be parked in Crypt School with access across the field



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Refreshments will be available.

Toilets will be in the lower car park.

This event is run by volunteers - the officials are all volunteers – should we not have enough volunteers some field events may be postponed. Please email gloucestershireaaa@athletics4u.co.uk to offer to help as there are many jobs raking sand pits, moving hurdles that you can help with.

Entries close on May 5th. There will be no late entries. Seeding and the final timetable will be on the athletics4u website by May 9th.

Entry fees: Seniors/Masters: 1 event - £8.00, 2 events - £10.00, 3 or more events - £12.00.

All other age groups: 1 event - £6.00, 2 events - £8.00, 3 or more events - £10.00.

Relays £12 for each team.



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10:00	400m Hurdles Finals U20W SW U17M U20M SM 300m Hurdles U17W, W50 and M60	10:00	Pole Vault U15B U17M U20M SM U15G U17W U20W SW
10:10	80m Finals U11B U11G	10:00	Hammer Finals U13G U13B U15G U15B U17W
10:20	U13B U13G U15B U17M U17W U20M U20W SM SW para 100m	10:00	Long Jump U11G & U11B U13B U13G(4 jumps each)
11:00	5000m U20M SM u20W SW	11:00	Hammer Finals U20W SW
11:30	600m Finals U11G U11B	11:30	Long Jump Finals U17M U20M SM (4 jumps each)
11:50	100m Finals M & W all age groups and para-athletic	11:30	High Jump U13B, U15B, U17M U20M SM
12:20	70m Hurdles Finals U13G and 75m Hurdles Finals U15G U13B	12:00	Hammer Finals U17M U20M SM
12:40	800m finals U13B U13G U15B U15G	12:30	Long Jump U15G U15B(4 jumps each)
13:00	80m Hurdles Finals U17L U15	13:15	Long Jump U17W U20W SW (4 jumps each)
13:15	800m finals U17W U17M U20G U20M SM SW	13:00	Javelin U13G U15G U17W U20W SW
13:50	200m heats U13B U13G U15B U17M U17W U20M U20W SM SW para 100m	14:00	Long Jump Finals U17M U20M SM (4 jumps each)
14:30	110m Hurdles Finals U20M SM	14:00	High Jump U13G U15G U17W U20W SW
14:40	100m Hurdles U20W SW	14:00	Shot Putt Finals U13G U15G U17L U20L SL
14:50	300m Final U17W U15B	14:15	Javelin U13B U15B U17M U20M SM.
14:55	400m Finals U20W SW U17M U20M SM	14:45	Shot Putt Finals U13B U15B U17M U20M SM
15:10	1500m Final U13B U13G U15B U15G U17W U17M U20G U20M SM SW	15:00	Triple Jump Finals U15G U17W U20W SW (4 jumps each)
15:50	200m finals	15:00	para-throws seated Shot Put, Club, Javelin and Discus
16:30	4 X 400M Relay finals U15B U15G U17W U17M U20G U20M SM SW	15:30	Discus U13G U15G U17W U20W SW
16:55	4 x 100m relay finals U13B U13G U15B U15G U17W U17M U20G U20M SM SW	16:00	Triple Jump Finals U15B U17M U20M SM (4 jumps each)
		16:15	Discus U13B U15B U17M U20M SM



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All entrants shall be deemed to have made him/herself/themselves familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the entrant is a citizen of, or resident in, the UK.

RULE G2 (21) S 6 UKA SUPPLEMENT COUNTY, DISTRICT AND AREA QUALIFICATIONS (1) English County Qualification (i) County Championships are open to all eligible athletes possessing a County qualification. (ii) A County qualification may be acquired as follows: (a) By birth (see also Rule G2 S4(1) (b) By nine month's continuous bona fide residence in County immediately prior to the competition. (c) By service in a Unit of HM Forces stationed in the County for nine months immediately prior to the date of the competition. Temporary absence on duty shall not break a qualification acquired under this paragraph.

From UKA Rules:

(I) Under 13 Boys and Girls (School Years 6 and 7)

- (i) Track and Field competitions for Under 13s shall be confined to competitors who are aged 11 or 12 on the 31st August within the Competition Year, as defined above.
- (ii) Other than when competing in a Combined Event Under 13s may compete in a maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay.
- (iii) Where a walking event is included in the total, the competitors shall be restricted to maximum of 3 running or walking events (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule T3 S2(8). If athletes in this age group are competing in a Combined Event they are not allowed to compete in any other event on the same day. Athletes competing in Track Walks may not compete in any other Track events of 600 metres or greater on the same day.
- (iv) Athletes in this age group may compete in track races not exceeding one mile subject to the restrictions in (v) below. No Under 13 athlete is allowed to compete in any steeplechase event.
- (v) No athlete in this age group is allowed to compete in any race at 300 metres and 400 metres, nor in more than one race between 600 metres and one mile inclusive on the same day.
- (vi) Under 13s may run against Under 15 Boys or Girls, as appropriate, in track events not exceeding one mile, subject to any limitations as to standard laid down by the Competition Provider. They may not take part in competitions for older athletes other than those in the Under 15 age group

(2) Under 15 Boys and Girls (School Years 8 and 9)

- (i) Track and Field competitions for Under 15s shall be confined to competitors who are aged 13 or 14 on 31st August within the Competition Year, as defined above.
- (ii) Other than when competing in a Combined Event Under 15s may compete in maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay. Where a walking event is included in the total, the competitors shall also be restricted to a maximum of 3 running or walking events (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule T3 S2(8). If Under15s are competing in a Combined Event they are not allowed to compete in any other event on the same day. Athletes competing in Track Walks may not compete in any other Track events of 600 metres or greater on the same day.
- (iii) No athlete in this age group is allowed to run in any race in excess of 3000 metres.
- (iv) No athlete in this age group is allowed to run in more than one race between 600 metres and 3000 metres inclusive on the same day.
- (v) Under 15 athletes may compete in Steeplechase races over 1500m and a hurdle height of 0.762m.
- (vi) Under 15 athletes may take part in competitions for older athletes, including Graded Competitions and other competitions (but not steeplechase) subject to such limitations, as to standard or otherwise, laid down by the Competition Provider and subject always to (iii) above.
- (vii) Under 15s may compete against Under 17 Men or Women, as appropriate, in field events, provided that the implements used by them shall be those laid down for the Under 17 age group. They may not take part in competitions for older athletes other than those in the Under 17 age group.
- (viii) National Age Group Leagues and National Association Championships will provide 300 metres races for the Under 15 age group. Other Competition Providers may use their discretion and include a 400 metres for Under 15 athletes within their programmes.