

8 June 2022

Dear Competitor

Northern Athletics 'Start Fitness' Senior/U20 Track & Field Championships 2022
Wavertree Sports Park, Liverpool, L15 4LE, June 18th & 19th.

Please accept this letter as acknowledgement of your entry into the Northern Athletics Track & Field Championships being held at the above venue on Saturday and Sunday 18th & 19th June 2022.

A timetable and entry lists are available on the NA website www.northernathletics.org.uk.

Please note that the timetable **may** be subject to slight change either before or on the day. Should any changes be made it will be published on our website and announcements will be made over the PA system at the event.

Please ensure that you arrive early enough to register at least **60 mins** prior to your event, and declare **every** event in which you intend to compete. If you have equipment which needs to be weighed, please present all implements for weighing at least one hour before your event to ensure enough time for this procedure.

Track athletes are required to be available for call-up **30 minutes** prior to their event, field athletes please be aware that you may need to be available up to an hour before your event to ensure adequate warm up time. If your event requires a long warm-up please check the call room schedule. Please listen for announcements and present yourselves at the required area on time. **Call Room Schedule will be displayed adjacent to registration.**

If you are competing on both days please retain your numbers for the second day – you must however register your attendance on both days.

Can we remind all athletes that club, county, area or national vests must be worn.

Electronic distance measuring systems will be used for throws and horizontal jumps. Stadium blocks only may be used for track events.

If you are likely to be late registering for your event but still intend to compete please call Malcolm Fletcher on 07787522109.

Spectator entry is via the purchase of a programme, with coaches gaining free entry via production of a valid license:

Adults:	One day - £5	Two days - £8
Concessions:	One day - £2.50	Two days - £4

There are no parking charges at this event.

We look forward to a successful and enjoyable weekend and would like to take this opportunity to thank you for your entry and wish you good luck in your event.

Yours sincerely

Northern Office

2022 NORTH OF ENGLAND TRACK AND FIELD CHAMPIONSHIPS - LIVERPOOL

SATURDAY 18TH JUNE 2022 - DAY 1

EVENT NO	TIME	EVENT	AGE GROUP	EVENT NO	TIME	EVENT	AGE GROUP
T01	11.30	400M	SM	F1	10.30	HAMMER	SM
T02	11.45	400M	SW	F2	10.30	HAMMER	SW
T03	12.00	400M	U20M	F3	11.00	TRIPLE JUMP	SM
T04	12.10	1500M	SM	F4	11.00	TRIPLE JUMP	SW
T05	12.20	1500M	U20W	F5	11.00	SHOT	SW
T06	12.25	100M	SM	F6	11.00	POLE VAULT	U20M
T07	12.45	100M	SW	F7	12.00	LONG JUMP	U20W
T08	13.00	100M	U20M	F8	12.00	JAVELIN	U20W
T09	13.15	100M	U20W	F9	12.00	JAVELIN	U20M
T10	13.30	5000M	SM	F10	12.30	HIGH JUMP	SW
T11	13.50	110M HURDLES	SM	F11	13.30	LONG JUMP	U20M
T12	14.00	110M HURDLES	U20M	F12	14.00	POLE VAULT	U20W
T13	14.20	100M HURDLES	SW	F13	14.45	SHOT	SM
T14	14.30	100M HURDLES	U20W	F14	15.00	DISCUS	U20W
T15	14.40	1500M	U20W	F15	15.00	DISCUS	U20M
T16	14.45	1500M	U20M	F16	15.10	HIGH JUMP	SM
T17	14.50	1500M	SW	Numbers must be collected from the stewards at least 60 minutes before the start of your event. Please ensure that you declare for each event in which you intend to compete - failure to do so may result in you being excluded from the event. Please inform the steward if you wish to withdraw from an event so that seeders may be informed . Stadium blocks must be used. Timing of events may be adjusted dependant on numbers of athletes declaring for the event. NB: If you qualify for a final (track or field) you must take part unless you have a valid reason which has been approved by the appropriate Referee - saving yourself for another event is not a valid reason and failure to take part is likely to result in your disqualification from all further events over the 2 days of THE CHAMPIONSHIPS This is an open Championship, only the top 8 will receive 3 further trials in field events.			
T18	15.00	1500M	SM				
T19	15.10	100M	SM				
T20	15.20	3000M STEEPLE CHASE	SM				
T21	15.20	3000M STEEPLE CHASE	U20M	Numbers must be collected from the stewards at least 60 minutes before the start of your event. Please ensure that you declare for each event in which you intend to compete - failure to do so may result in you being excluded from the event. Please inform the steward if you wish to withdraw from an event so that seeders may be informed . Stadium blocks must be used. Timing of events may be adjusted dependant on numbers of athletes declaring for the event. NB: If you qualify for a final (track or field) you must take part unless you have a valid reason which has been approved by the appropriate Referee - saving yourself for another event is not a valid reason and failure to take part is likely to result in your disqualification from all further events over the 2 days of THE CHAMPIONSHIPS This is an open Championship, only the top 8 will receive 3 further trials in field events.			
T22	15.45	400M	U20W				
T23	15.50	400M	SW				
T24	15.55	400M	U20M				
T25	16.00	400M	SM				
T26	16.10	100M	U20W				
T27	16.15	100M	U20M				
T28	16.20	100M	SW				
T29	16.25	100M	SM				
T30	16.35	110M HURDLES	U20M				
T31	16.45	100M HURDLES	U20W				

2022 NORTH OF ENGLAND TRACK AND FIELD CHAMPIONSHIPS - LIVERPOOL

SUNDAY 19TH JUNE 2022 - DAY 2

EVENT NO	TIME	EVENT	AGE GROUP		EVENT NO	TIME	EVENT	AGE GROUP	
T32	11.30	400M HURDLES	U20W	FINAL	F18	10.30	HAMMER	U20M	FINAL
T33	11.40	400M HURDLES	SW	HEATS	F19	10.30	HAMMER	U20W	FINAL
T34	11.50	400M HURDLES	U20M	FINAL	F20	11.00	POLE VAULT	SW	FINAL
T35	12.00	400M HURDLES	SM	FINAL	F21	11.00	POLE VAULT	SM	FINAL
T36	12.20	200M	SM	HEATS	F22	11.00	TRIPLE JUMP	U20W	FINAL
T37	12.35	200M	SW	HEATS	F23	11.45	SHOT	U20W	FINAL
T38	12.50	200M	U20M	HEATS	F24	11.45	SHOT	U20M	FINAL
T39	13.10	200M	U20W	HEATS	F25	12.00	LONG JUMP	SW	FINAL
T40	13.30	5000M	U20M	FINAL	F26	11.55	DISCUS	SM	FINAL
T41	13.50	800M	U20W	HEATS	F27	12.30	HIGH JUMP	U20W	FINAL
T42	14.00	800M	U20M	HEATS	F28	13.30	DISCUS	SW	FINAL
T43	14.15	800M	SM	HEATS	F29	14.00	TRIPLE JUMP	U20M	FINAL
T44	14.35	5000M	SW	FINAL	F30	14.55	JAVELIN	SM	FINAL
T45	14.35	5000M	U20W	FINAL	F31	15.20	HIGH JUMP	U20M	FINAL
T46	15.00	400M HURDLES	SW	FINAL	F32	15.30	LONG JUMP	SM	FINAL
T47	15.10	200M	U20W	FINAL	F33	15.50	JAVELIN	SW	FINAL
T48	15.15	200M	U20M	FINAL					
T49	15.20	200M	SW	FINAL					
T50	15.30	200M	SM	FINAL					
T51	15.40	2000M STEEPLE CHASE	SW	FINAL					
T52	15.40	2000M STEEPLE CHASE	U20W	FINAL					
T53	16.00	800M	U20W	FINAL					
T54	16.05	800M	U20M	FINAL					
T55	16.10	800M	SW	FINAL					
T56	16.15	800M	SM	FINAL					

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Please ensure that you declare for each event in which you intend to compete - failure to do so may result in you being excluded from the event. Please inform the steward if you wish to withdraw from an event so that seeders may be informed .

Stadium Blocks must be used.

Timing of events may be adjusted dependant on numbers of athletes declaring for the event.

NB: If you qualify for a final (track or field) you must take part unless you have a valid reason which has been approved by the appropriate Referee - saving yourself for another event is not a valid reason and failure to take part is likely to result in your disqualification from all further events over the 2 days of THE CHAMPIONSHIPS

This is an open Championship, only the top 8 will receive 3 further trials in the field events.