



NORTHERN ATHLETICS

Presents the

2023 NORTH OF ENGLAND 'START FITNESS' TRACK AND FIELD CHAMPIONSHIPS **Held Under UKA Rules - Permit OUT 23/047**

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

SENIOR/U20 CHAMPIONSHIPS, MANCHESTER REGIONAL ARENA, M11 3DU

JUNE 3rd & 4th 2023

Saturday 3rd 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, Long Jump, Discus, Javelin, Pole Vault.
U20 Women	100m, 400m, 1500m, 100m Hurdles, Long Jump, Discus, Javelin, Pole Vault

Sunday 4th June

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

Closing Date **19th May**

ENTRY FEES: £14 FIRST EVENT. £10 FOR EACH ADDITIONAL EVENT.

Disability athletes may enter all mainstream events using appropriate specifications, however no seated throw events will be available
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REGULATIONS

1 UK ATHLETICS RULES

All events will be subject to UKA Rules for Competition (1st April 2022 edition).

2 ELIGIBILITY

NB: All events are confined to athletes who are 1st claim members of a club affiliated to Northern Athletics for 2022/23 and who have paid their 2022/23 affiliation fee to England Athletics. All registrations will be checked with EA.

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

3 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.

4 CLUB MEMBERSHIP AND CLOTHING

Athletes **must** wear club vests or alternatively a County, Territorial or National vest. University vests are also acceptable.

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.

5 EQUIPMENT

Competitors supplying their own equipment may bring a maximum of two throwing implements. Stadium blocks only may be used.

6 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 OR EMAIL THE NA OFFICE ASAP. Late entries will not be accepted and the organisers cannot be held 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.

Athletes must declare all of their events at registration and register on both days if their events span two days.

7 STARTING HEIGHTS

High Jump: SM-1.70: U20M-1.70: SW-1.45: U20W-1.45:

Pole Vault: SM-3.50, SW-2.70, U20M-3.30, U20W-2.45

Triple Jump: SM & U20M: 11m or 13m boards. SW & U20W: 9m, 11m & 13m boards.

Athletes may be withdrawn from events on safety grounds if it becomes clear these minimum standards cannot be met.



Online Entry

Entry for all NA events is online only at:

www.race-results.co.uk

TRACK & FIELD AGE GROUPS for competition year ending 30.9.2023

Senior Men & Women	Born 31.12.03 or earlier
Junior Men & Women	Born 1.1.04 to 31.8.06
Under 17 Men & Women	Born 1.9.06 to 31.8.08 (Maximum 4 events)
Under 15 Boys & Girls	Born 1.9.08 to 31.8.10 (Maximum 3 events)
Under 13 Boys & Girls	Born 1.9.10 to 31.8.12 (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.

CHAMPIONSHIP EVENT SUMMARY

<u>EVENT</u>	<u>DATE</u>	<u>VENUE</u>	<u>FEES</u> <u>& Entry website</u>
Northern Athletics SENIOR/U20 CHAMPIONSHIPS	June 3 rd & 4 th 2023	Manchester	£14 first event £10 per additional event www.race-results.co.uk
NA 10,000m Track Championships	July 7 th 2023	Leigh	£14 www.race-results.co.uk
Northern Athletics U17/U15/U13 CHAMPIONSHIPS	August 12 th & 13 th 2023	Middlesbrough	£14 first event £10 per additional event www.race-results.co.uk

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.

All entrants shall be deemed to have made him/herself 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.