



25 May 2023

Dear Competitor

**Northern Athletics 'Start Fitness' Senior/U20Track & Field Championships 2023**  
**Sport City, Manchester, June 3rd & 4th.**

Please accept this letter as acknowledgement of your entry into the Northern Athletics Track & Field Championships being held at the above venue on June 3<sup>rd</sup> & 4<sup>th</sup> 2023.

Pre-booked parking is available within Gate 2, M11 3DU. The booking system closes on May 25<sup>th</sup> or when all 300 spaces have been taken. Should Gate 2 be full, three hours parking is available at Asda over the road.

The event timetable can be found in this document. Please note that the timetable may be subject to slight change either before or on the day. Should any changes be made, they will be published on our website and announcements will be made over the PA system at the event.

Please ensure that you arrive to register at least **60 mins** prior to your event and declare **every** event in which you intend to compete. There are **mandatory bag checks** at the entrance to the stadium, please factor this in when planning your arrival time and **please give way to any officials who may need to move straight to the front of the queue.**

If you have equipment which needs to be weighed, please present all implements for weighing to the equipment room at least one hour before your event.

Track athletes are required to be available **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 at the correct time. **The 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.**

***Club, county, area or national vests must be worn.***

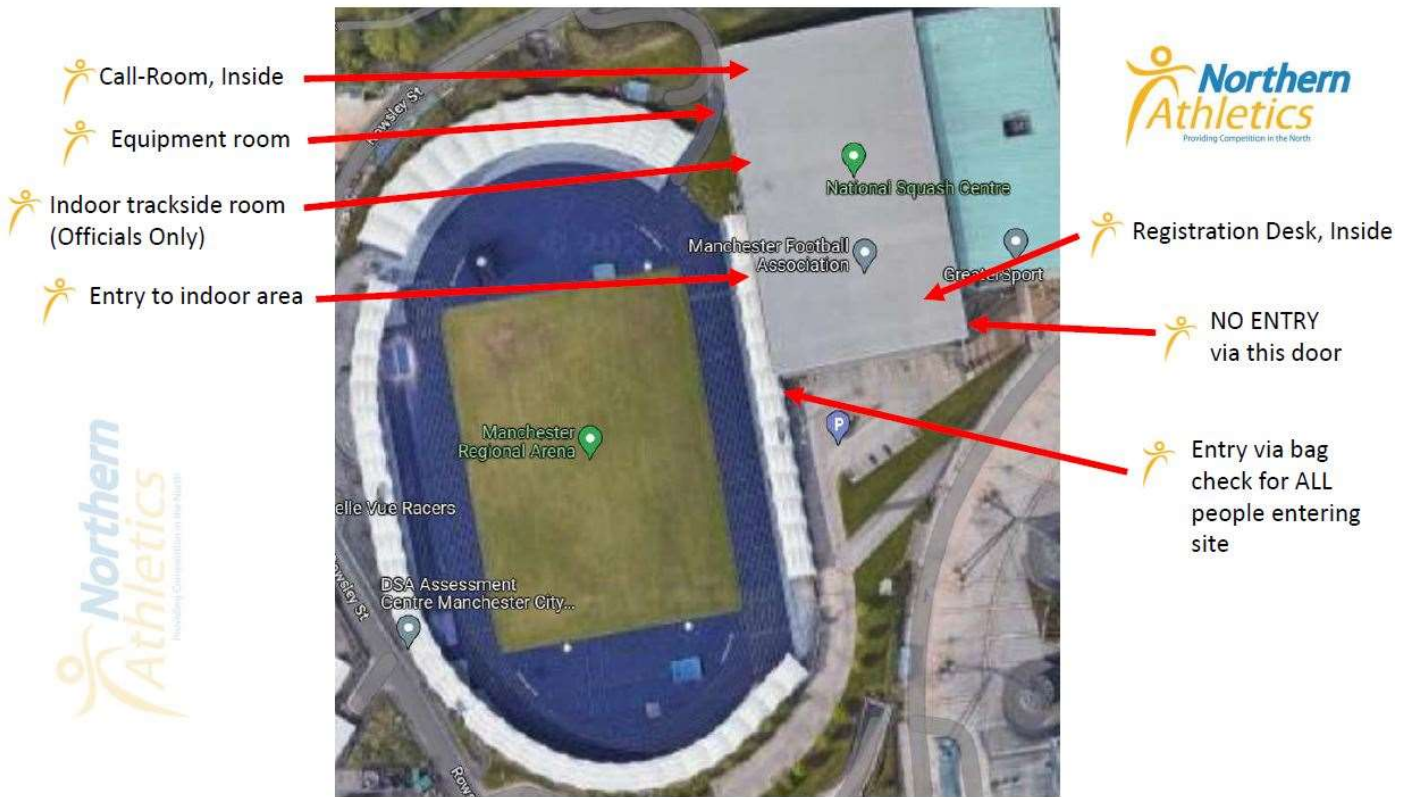
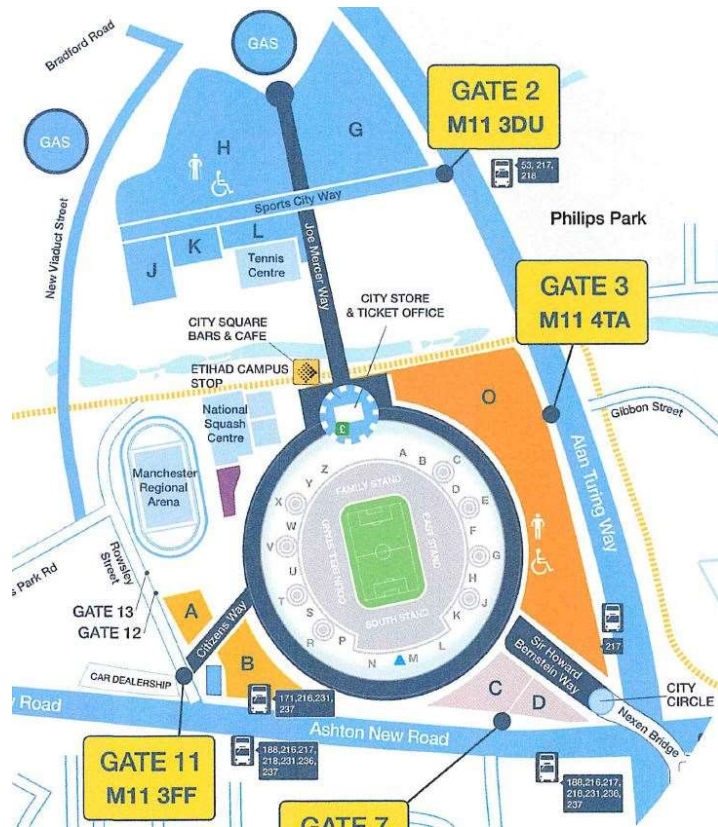
Electronic distance measuring systems will be used for throws and horizontal jumps. Stadium blocks only may be used for track events.

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

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 Athletics**



**2023 NORTH OF ENGLAND TRACK AND FIELD CHAMPIONSHIPS - MANCHESTER**  
**SATURDAY 3RD JUNE 2023 - DAY 1**



EVENT NO	TIME	EVENT	AGE GROUP	EVENT NO	TIME	EVENT	AGE GROUP		
T01	11.30	400M	SM	HEATS	F1	10.30	HAMMER	SM	FINAL
T02	11.45	400M	SW	HEATS	F2	10.30	HAMMER	SW	FINAL
T03	11.55	400M	U20M	HEATS	F3	10.30	HIGH JUMP	SW	FINAL
T04	12.05	400M	U20W	HEATS	F4	11.00	TRIPLE JUMP	SM	FINAL
T05	12.20	1500M	U20M	HEATS	F5	11.00	TRIPLE JUMP	SW	FINAL
T06	12.30	100M	SM	HEATS	F6	11.00	POLE VAULT	U20M	FINAL
T07	12.55	100M	SW	HEATS	F7	12.15	LONG JUMP	U20W	FINAL
T08	13.05	100M	U20M	HEATS	F8	12.40	SHOT	SW	FINAL
T09	13.20	100M	U20W	HEATS	F9	12.40	DISCUS	U20W	FINAL
T10	13.30	5000M	SM	FINAL	F10	12.40	DISCUS	U20M	FINAL
T11	13.50	110M HURDLES	SM	FINAL	F11	13.45	LONG JUMP	U20M	FINAL
T12	14.00	110M HURDLES	U20M	FINAL	F12	14.00	POLE VAULT	U20W	FINAL
T13	14.10	100M HURDLES	SW	FINAL	F13	14.50	JAVELIN	U20W	FINAL
T14	14.20	100M HURDLES	U20W	FINAL	F14	14.50	JAVELIN	U20M	FINAL
T15	14.30	400M	SM	SEMI FINALS	F15	15.00	SHOT	SM	FINAL
T16	14.40	1500M	U20W	FINAL	F16	15.10	HIGH JUMP	SM	FINAL
T17	14.45	1500M	U20M	FINAL					
T18	14.50	1500M	SW	FINAL					
T19	14.55	1500M	SM	FINAL					
T20	15.00	100M	SM	SEMI FINAL					
T21	15.20	3000M STEEPLE CHASE	SM	FINAL					
T22	15.40	400M	U20W	FINAL					
T23	15.45	400M	SW	FINAL					
T24	15.50	400M	U20M	FINAL					
T25	15.55	400M	SM	FINAL					
T26	16.05	100M	U20W	FINAL					
T27	16.10	100M	U20M	FINAL					
T28	16.15	100M	SW	FINAL					
T29	16.20	100M	SM	FINAL					

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.

**2023 NORTH OF ENGLAND TRACK AND FIELD CHAMPIONSHIPS - MANCHESTER**  
**SUNDAY 4TH JUNE 2023 - DAY 2**



EVENT NO	TIME	EVENT	AGE GROUP	EVENT NO	TIME	EVENT	AGE GROUP		
T30	11.30	400M HURDLES	SW	HEATS	F17	10.00	HAMMER	U20M	FINAL
T31	11.40	400M HURDLES	U20W	FINAL	F18	10.00	HAMMER	U20W	FINAL
T32	11.50	400M HURDLES	U20M	FINAL	F19	11.00	POLE VAULT	SW	FINAL
T33	12.00	400M HURDLES	SM	FINAL	F20	11.00	TRIPLE JUMP	U20W	FINAL
T34	12.15	200M	SM	HEATS	F21	11.30	DISCUS	SM	FINAL
T35	12.40	200M	SW	HEATS	F22	11.45	SHOT	U20W	FINAL
T36	12.50	200M	U20M	HEATS	F23	11.45	SHOT	U20M	FINAL
T37	13.05	200M	U20W	HEATS	F24	12.30	HIGH JUMP	U20W	FINAL
T38	13.20	5000M	U20M	FINAL	F25	13.00	LONG JUMP	SW	FINAL
T39	13.40	800M	U20W	HEATS	F26	13.00	DISCUS	SW	FINAL
T40	13.50	800M	U20M	HEATS	F27	13.45	POLE VAULT	SM	FINAL
T41	14.00	800M	SM	HEATS	F28	14.00	TRIPLE JUMP	U20M	FINAL
T42	14.20	200M	SM	SEMI-FINALS	F29	14.30	JAVELIN	SM	FINAL
T43	14.35	5000M	SW	FINAL	F30	15.20	HIGH JUMP	U20M	FINAL
T44	14.35	5000M	U20W	FINAL	F31	15.30	LONG JUMP	SM	FINAL
T45	15.00	400M HURDLES	SW	FINAL	F32	16.00	JAVELIN	SW	FINAL
T46	15.10	200M	U20W	FINAL					
T47	15.15	200M	U20M	FINAL					
T48	15.20	200M	SW	FINAL					
T49	15.25	200M	SM	FINAL					
T50	15.35	2000M STEEPLE CHASE	SW	FINAL					
T51	15.35	2000M STEEPLE CHASE	U20W	FINAL					
T52	15.50	800M	U20W	FINAL					
T53	15.55	800M	U20M	FINAL					
T54	16.00	800M	SW	FINAL					
T55	16.05	800M	SM	FINAL					
T56									

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Stadium Blocks must be used.

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