

**NORTHERN ATHLETICS  
Presents the  
2023 NORTH OF ENGLAND 'START FITNESS' TRACK AND FIELD CHAMPIONSHIPS**

**Held Under UKA Rules – License OUT 24 / 129**

**U17/U15/U13 CHAMPIONSHIP MEETING,  
Moorways Stadium, Derby, DE24 9HY – 10<sup>th</sup> & 11th AUGUST**

**Saturday 10<sup>th</sup> August (Day 1)**

- U17 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, 800m, 80m Hurdles, Long Jump, Triple Jump, Shot, Discus, Javelin, Hammer.
- U15 Girls** 1500m, High Jump, Triple Jump, Javelin.
- U13 Girls** 100m, 200m, 800m, Shot, Long Jump

**Sunday 11<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** 1500m, High Jump, Pole Vault
- U15 Girls** 100m, 200m, 300m, 800m, 75m Hurdles, Long Jump, Pole Vault, Shot, Discus, Hammer.
- U13 Boys** 100m, 200m, 800m, Shot, Long Jump

**Closing Date 26<sup>th</sup> July – No Late Entries - No Exceptions**

**ENTRY FEES: £16 FIRST EVENT. £12 FOR EACH ADDITIONAL EVENT – Including all Roster and Stripe fees**

**Refunds will only be given in the case of an event cancellation.**

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

## REGULATIONS

### 1 UK ATHLETICS RULES

All events will be subject to UKA Rules for Competition (1<sup>st</sup> April 2022 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 2023/24 and who have paid their 2024/25 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 invents at registration and register on both days if their events span two days.

### 8 STARTING HEIGHTS & BOARDS

**High Jump** U17M -1.60: U15B -1.40: U17W -1.40: U15G -1.30

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

**Pole Vault:** U17M - 2.60: U15B - 2.35: U17W - 2.10: U15G - 2.00

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

**Athletes may be withdrawn from events on safety grounds if it becomes clear these minimum standards cannot be met.**

**TRACK & FIELD AGE GROUPS**  
*for competition year ending 30.9.2024*

|                       |   |
|-----------------------|---|
| Under 17 Men & Women  | Born 1.9.07 to 31.8.09 (Maximum 4 events) |
| Under 15 Boys & Girls | Born 1.9.09 to 31.8.11 (Maximum 3 events) |
| Under 13 Boys & Girls | Born 1.9.11 to 31.8.13 (Maximum 3 events) |

Under 15s may compete as Under 17s.  
Under 13s may compete as Under 15s. (Except Triple Jump)

**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.*