



# NORTHAMPTONSHIRE ATHLETIC ASSOCIATION

75th COUNTY TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY HSBC

ROCKINGHAM TRIANGLE, CORBY NN17 2FB

SATURDAY 13th & SUNDAY 14th May 2023

(Under UK Athletics Rules)

Including the Leicestershire & Rutland AA Championships

## AGE GROUPS

|                     |   |
|---------------------|---|
| Under 11 Boys/Girls | 9 years old on the day, under 11 years old on 31.08.23          |
| Under 13 Boys/Girls | 11 or 12 years old on 31.08.23                                  |
| Under 15 Boys/Girls | 13 or 14 years old on 31.08.23                                  |
| Under 17 Men/Women  | 15 or 16 years old on 31.08.23                                  |
| Under 20 Men/Women. | 17 years old on 31.08.23 under 20 years old on 31.12.23         |
| Senior Men/Women    | Open to any county eligible athlete under UKA Competition rules |
| Masters Men/Women   | 35 or over on the first day of competition                      |

| Age Group                        | Saturday 11.00 am start   | Sunday 11.00 am start  |
|----------------------------------|---|--|
| Under20/Senior/<br>Veteran Men   | 200m, 800m, 5000m, 2k Walk, Long Jump, Shot, Discus, Pole Vault               | 100m, 400m, 1500m, High Jump, Triple Jump, Hammer, Javelin               |
| Under 17 Men                     | 200m, 800m, 5000m, 100m Hurdles, 2k Walk, Long Jump, Shot, Discus, Pole Vault | 100m, 400m, 1500m, 400m Hurdles, High Jump, Triple Jump, Hammer, Javelin |
| Under 15 Boys                    | 200m, 800m, 80m Hurdles, 2k Walk, Long Jump, Shot, Discus, Pole Vault         | 100m, 300m, 1500m, High Jump, Triple Jump, Hammer, Javelin               |
| Under 13 Boys                    | 200m, 800m, 75m Hurdles, 2k Walk, Long Jump, Shot, Discus, Pole Vault         | 100m, 1500m, High Jump, Hammer, Javelin                                  |
| Under 11 Boys                    | 150m, 600m, Long Jump,  | 75m, 1200m   |
| Under20/Senior/<br>Veteran Women | 200m, 800m, 5000m, 2k Walk, High Jump, Shot, Discus, Pole Vault               | 100m, 400m, 1500m, Long Jump, Triple Jump, Hammer, Javelin               |
| Under 17<br>Women                | 200m, 800m, 5000m, 80m Hurdles, 2k Walk, High Jump, Shot, Discus, Pole Vault  | 100m, 300m, 1500m, 300m Hurdles, Long Jump, Triple Jump, Hammer, Javelin |
| Under 15 Girls                   | 200m, 800m, 75m Hurdles, 2k Walk, High Jump, Shot, Discus, Pole Vault         | 100m, 300m, 1500m, Long Jump, Triple Jump, Hammer, Javelin               |
| Under 13 Girls                   | 200m, 800m, 70m Hurdles, 2k Walk, High Jump, Shot, Discus, Pole Vault         | 100m, 1500m, Long Jump, Hammer, Javelin                                  |
| Under11 Girls                    | 150m, 600m,   | 75m, 1200m, Long Jump  |

**Online entry only** - closing date 30th April

## MAXIMUM NUMBER OF EVENTS PER ATHLETE PER DAY

|  |  |
|--|--|
| Under 11s, Under 13s, Under 15s, Under 17s | 3 events per day (in accordance with rule 107) |
| Under 20s                                  | 5 events per day                               |
| Seniors and Masters                        | Unlimited                                      |

**Note that the published timetable is Provisional and is subject to amendment based upon the number of entries in each event. If Heats are required they will be added at the start of each day's events.**

**ALL NUMBERS TO BE COLLECTED ON THE DAY**

## PLEASE NOTE

No athlete may compete unless they have entered.

All athletes must be a Current financial member of an affiliated Athletics Club & Registered with England Athletics or a bona fide student. (This does not apply to U11 athletes)

County qualification is either by birth or 9 months continual residence in Northamptonshire or by 9 months service in a unit of HM forces stationed in Northamptonshire

All spectators will pay an entry fee of £1 per day (under 12's free)

There is only one master's group on the day (35 plus) and the appropriate implement weights and heights apply

No dogs allowed in the stadium except for guide dogs

## Field Events

Under 17 athletes, and above, will be allowed 6 trials

U13 & U15 athletes are allowed 3 trials and the following County Standards to qualify for a further three trials.

|     | SP   | JT  | HT  | DT  | LJ    |
|-----|------|-----|-----|-----|-------|
| U13 | 7.5m | 18m | 18m | 18m | 4.50m |
| U15 | 8m   | 20m | 20m | 20m | 4.75m |

Starting Heights for High Jump are as Follows.

|     | HJ    | HJ            |  |  |  |
|-----|-------|---------------|--|--|--|
| U13 | 1.05m |               |  |  |  |
| U15 | 1.15m | 1.25m<br>Boys |  |  |  |

For all enquires please email: [randn.enquiry@virginmedia.com](mailto:randn.enquiry@virginmedia.com)

Website <http://www.northantsathletics.org.uk>