



# Southern Track & Field Championships

## 2017

## Prospectus

Under UK Athletics Rules



**SEAA Competition Limited**  
**Crystal Palace National Sports Centre**  
**Ledington Road**  
**London**  
**SE19 2BB**

**Telephone: 020 8778 7167**

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**[www.seaa.org.uk](http://www.seaa.org.uk) Twitter: @SEAACompetition**

Supported by  **ENGLAND ATHLETICS**

# CONDITIONS OF ENTRY

**Online Entries** will be available from March onwards on the SEAA Website.

**Paper entries must** be made on official entry forms, with a separate form completed for each event. Entries made via telephone or email **will not be accepted**.

**Cheques to be made payable to:** SEAA Competition Limited.

Entries not accompanied by the appropriate fee will be returned and may, therefore, miss the closing date. **THE CLOSING DATE FOR ENTRIES AS STATED IS THE LATEST DATE BY WHICH AN ENTRY MUST BE RECEIVED AT THE SEAA OFFICE.**

**Please note the extra £2 fee, per event, for paper entries.** To avoid this fee you can enter online.

**All Athletes must be registered with England Athletics**, failure to provide a valid registration number on your entry form will result in the entry being returned. This rule will be rigorously applied to all SEAA Championships.

**Entries will be accepted from Athlete's Representatives** who are authorised by UK Athletics provided all other conditions of entry (entry form, entry fees and closing date) are observed. The person submitting the entry form is accepting responsibility for the details therein.

**False Start Equipment is planned to be in use for all appropriate Senior and U20 events.** This is including the Inter County Championships but excluding the Combined Events.

## AGE GROUPS

- |                             |   |
|-----------------------------|---|
| <b>U13 Boys and Girls -</b> | Competitors must be 11 years of age but under 13 years of age at midnight on August 31st/1st September 2017.<br>Born on or after 1.9.2004 but before 1.9.2006                             |
| <b>U15 Boys and Girls -</b> | Competitors must be 13 years of age but under 15 years of age at midnight on August 31st/1st September 2017.<br>Born on or after 1.9.2002 but before 1.9.2004                             |
| <b>U17 Men and Women -</b>  | Competitors must be 15 years of age but under 17 years of age at midnight on August 31st/1st September 2017.<br>Born on or after 1.9.2000 but before 1.9.2002                             |
| <b>U20 Men and Women -</b>  | Competitors must be 17 years of age at midnight on August 31st/1st September 2017 but under 20 years at midnight December 31st 2017/1st January 2017. Born between 1.1.1998 and 1.9.2000] |
| <b>Seniors -</b>            | Competitors must be 20 years of age at midnight December 31st 2017  |

***SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.***

# U20/SENIOR CHAMPIONSHIPS

Saturday 10th & 11th June 2017

Crystal Palace, London SE19 2BB

**Closing Date: Tuesday 30<sup>th</sup> May 2017**

**Online Entry Fees – Seniors - £15, U20s - £12**

**Paper Entry Fees – Seniors - £17, U20s £14**

**Online entries available April 2017 onwards.**

## SATURDAY EVENTS

<u>U20 Men</u>	<u>Senior Men</u>	<u>U20 Women</u>	<u>Senior Women</u>
200m	100m	200m	100m
400m Heats	400m Heats	400m Heats	400m Heats
800m Heats	800m Heats	800m Heats	800m Heats
1500m Heats	1500m Heats	1500m Heats	1500m Heats
400m Hurdles Heats	400m Hurdles Heats	400m Hurdles Heats	400m Hurdles Heats
3000m Steeplechase Final **	5000m Final	3000m Heats**	3000m Heats**
Pole Vault (3.40m) *	3000m Steeplechase Final**	3000m Steeplechase Final**	3000m Steeplechase Final**
Triple Jump (13/11m)	High Jump (1.80m) *	High Jump (1.50m) *	Pole Vault (2.70m) *
Hammer (6kg)	Long Jump	Long Jump	Triple Jump (11m)
Javelin (800gms)	Shot (7.26kg)	Shot (4kg)	Hammer (4kg)
	Discus (2kg)	Discus (1kg)	Javelin (600gms)

*Starting heights for HJ & PV and specified boards for the TJ as shown above,*

*for events marked \* see progression notes on page 5*

*(\*\* Should the number of entries warrant it, Heats will be run on the Saturday with the Final on the Sunday)*

## SUNDAY EVENTS

**The U15/U17 3000m Championships are being held on Sunday alongside the U20/Seniors.**

<u>U20 Men</u>	<u>Senior Men</u>	<u>U20 Women</u>	<u>Senior Women</u>
100m	200m	100m	100m
400m Final	400m Final	400m Final	400m Final
800m Final	800m Final	800m Final	800m Final
1500m Final	1500m Final	1500m Final	1500m Final
5000m Final	5000m Final	3000m Final	3000m Final
110m Hurdles	110m Hurdles	100m Hurdles	100m Hurdles
400m Hurdles Final	400m Hurdles Final	400m Hurdles Final	400m Hurdles Final
High Jump (1.70m)*	Pole Vault (3.80m)*	Pole Vault (2.30m)*	High Jump (1.55m)*
Long Jump	Triple Jump (13m)	Triple Jump (11/9m)	Long Jump
Shot (6kg)	Hammer (7.26kg)	Hammer (4kg)	Shot (4kg)
Discus (1.75kg)	Javelin (800gms)	Javelin (600gms)	Discus (1kg)

*Starting heights for HJ & PV and specified boards for the TJ as shown above,*

*for events marked \* see progression notes on page 5*

**SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.**

# U15/U17 CHAMPIONSHIPS & WALKS CHAMPIONSHIPS

## INCLUDING THE U13 OPEN EVENTS

Saturday 19th & 20th August 2017

Crystal Palace, London SE19 2BB

**Closing Date: Tuesday 8<sup>th</sup> August 2017**

**Online Entry Fees – U15/U17 - £11, U13 - £6, Seniors - £15 (walks), U20s - £12 (walks)**

**Paper Entry Fees – U15/U17 - £13, U13 - £8, Seniors - £17 (walks), U20s - £14 (walks)**

**Online entries available late March 2017 onwards.**

## SATURDAY EVENTS

**Walks: Senior Men & Women, Under 20 Men & Women 5000m,**

**U17 Men & Women, Under 15 Boys & Girls 3000m**

<u>Under 13 Girls</u> <u>(OPEN EVENTS)</u>	<u>Under 15 Boys</u>	<u>Under 17 Men</u>	<u>Under 15 Girls</u>	<u>Under 17 Women</u>
100m	200m	100m	100m	200m
200m	300m Heats	400m Heats	800m Heats	400m Heats
800m	800m Heats	800m Heats	1500m Heats	800m Heats
70m Hurdles	1500m Heats	1500m Heats	75m Hurdles	1500m Heats
Long Jump	80m Hurdles	400mH Heats	High Jump (1.40m)*	300mH Heats
High Jump	Pole Vault (2.30m)*	1500m S/C Final**	Long Jump	1500m S/C Final**
Shot	Triple Jump (11/9m)	High Jump (1.65m)*	Shot (3kg)	Pole Vault (2.20m)*
	Hammer (4kg)	Long Jump	Discus (1kg)	Triple Jump (11/9m)
	Javelin (600gms)	Shot (5kg)		Hammer (3kg)
		Discus		Javelin (500gms)

*Starting heights for HJ & PV and specified boards for the TJ as shown above,*

*for events marked \* see progression notes on page 5*

*(\*\* Should the number of entries warrant it, Heats will be run on the Saturday with the Final on the Sunday)*

## SUNDAY EVENTS

**Please note the U15/U17 3000m Championships are being held in June with the U20/Seniors.**

**UNDER 13 ATHLETES MAY ONLY COMPETE IN 3 EVENTS ON EACH DAY**

<u>Under 13 Boys</u> <u>(OPEN EVENTS)</u>	<u>Under 15 Boys</u>	<u>Under 17 Men</u>	<u>Under 15 Girls</u>	<u>Under 17 Women</u>
100m	100m	200m	200m	100m
200m	300m Final	400m Final	800m Final	400m Final
800m	800m Final	800m Final	1500m Final	800m Final
75m Hurdles	1500m Final	1500m Final	Pole Vault (1.90m)*	1500m Final
Long Jump	High Jump (1.50m)*	100m Hurdles	Triple Jump (9/7m)	80m Hurdles
High Jump	Long Jump	400m Hurdles Final	Hammer (3kg)	300m Hurdles Final
Shot	Shot (4kg)	Pole Vault (2.80m)*	Javelin (500gms)	High Jump (1.45m)*
	Discus (1.25kg)	Triple Jump (13/11m)		Long Jump
		Hammer (5kg)		Shot (3kg)
		Javelin (700gms)		Discus (1kg)

*Starting heights for HJ & PV and specified boards for the TJ as shown above,*

*for events marked \* see progression notes on page 5*

**Please Note:** No U15 athlete is allowed to run in more than one event between 600m & 3000m inclusive on the same day. Therefore U15 athletes may only run in either 800m or 1500m heats on the same day.

**SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.**

## Other Events

### Combined Events All Age Group Championships

*Saturday 22<sup>nd</sup> & Sunday 23<sup>rd</sup> July 2017 at Horspath Track, Oxford OX4 2RR*

**Closing Date: Tuesday 11<sup>th</sup> July 2017**

Senior Men Decathlon

U20 Men Decathlon (U20 Specification)

U17 Men Octathlon

U15 Girls Pentathlon (Saturday)

Senior Women Heptathlon

U20 Women Heptathlon

U17 Women Heptathlon

U15 Boys Pentathlon (Sunday)

**Online Entry Fees:** *Seniors & U20 Men - £26, U20 Women & U17s £21 & U15 £19*

**Paper Entry Fees:** *Seniors & U20 Men - £28, U20 Women & U17s - £23 & U15 -£21*

### U15/U17 3000m Championships

*Sunday 11<sup>th</sup> June 2017 at Crystal Palace, London SE19 2BB*

**Closing Date: Tuesday 30<sup>th</sup> May 2017**

**Online Entry Fees:** £11

**Paper Entry Fees:** £13

### U15/U20 INTER COUNTIES CHAMPIONSHIPS

*Saturday 9<sup>th</sup> September 2017 at Horspath Track, Oxford OX4 2RR*

**Closing Date: Friday 1<sup>st</sup> September 2017**

*Teams for this Match will be selected by each participating County.*

**Entry Fees:** £25 Per Team

### SOUTHERN 10K CHAMPIONSHIPS

**Hosted by Vale of Aylesbury AC**

*Wednesday 20<sup>th</sup> September 2017*

*At Stoke Mandeville Stadium, Aylesbury HP21 9PP*

**Closing Date: Tuesday 12<sup>th</sup> September 2017**

**Entry Standard**

**Men – 39.00 Women 44.00**

**Online Entry Fees:** *Seniors - £15, U20s - £12*

**Paper Entry Fees:** *Seniors - £17, U20s - £14*

*SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.*

# Event Information

## HEIGHT PROGRESSIONS FOR INDIVIDUAL CHAMPIONSHIPS

### High Jump

#### Starting Heights

Senior Men – 1.80m	Senior Women – 1.55m
Under 20 Men – 1.70m	Under 20 Women – 1.50m
Under 17 Men – 1.65m	Under 17 Women – 1.45m
Under 15 Boys – 1.50m	Under 15 Girls – 1.40m

All age groups in 5cm increments until three (or fewer) athletes left in then 3cm

### Pole Vault

#### Progressions

Senior Men – 3.80m, 4.00m, 4.20m, 4.40m then 10s
Senior Women – 2.70m, 2.90m, 3.05m, 3.20m then 10s
U20 Men – 3.40m, 3.60m, 3.80m, 3.95m, 4.10m then 10s
U20 Women – 2.30m, 2.50m, 2.70m then 10s
U17 Men – 2.80m, 3.00m, 3.20m, 3.35m, 3.50m then 10s
U17 Women – 2.20m, 2.40m, 2.60m then 10s
U15 Boys – 2.30m, 2.50m, 2.70m then 10s
U15 Girls – 1.90m, 2.10m then 10s

### Triple Jump

#### Boards

Senior Men – 13m	Senior Women – 11m
U20 Men – 13/11m	Under 20 Women – 11/9m
U17 Men – 13/11m	U15 Boys – 11/9m
U17 Women – 11/9m	U15 Girls – 9/7m

## EQUIPMENT

Spike Length - The maximum length of spikes is 9mm on all surfaces (except for Javelin and High Jump where 12mm spikes are allowed); this is in accordance with Governing Body rules, surface regulations and for your personal safety.

**Failure to meet this requirement will result in the individual being refused access to the competition area.**

**Personal equipment must be submitted to the Technical Manager for checking at least one hour before your event time.**

## CLOTHING

Athletes must wear the vest of their First Claim affiliated Club, County, Area or National vest. In accordance with **UKA Rule 143 S1 (4)**, all athletes must wear at least vest and shorts which are clean and so designed and worn as not to be objectionable, even if wet. The wearing of an alternative vest without permission of the Referee will lead to disqualification. Numbers must also be worn as issued, with no folding or mutilation. Attention is drawn to **Rule 143 S 1** on Advertising and Sponsorship, this rule will be enforced. If an Athlete fails to bring the correct vest on the day they will have to wear a plain White T-Shirt purchased from the SEAA.

# SOUTH OF ENGLAND ATHLETIC ASSOCIATION

## 2017 TRACK & FIELD ENTRY FORM



No late entries will be accepted, nor will entries made by telephone or email. A fully completed form must be received by the closing date or the entry will not be accepted. The use of recorded delivery is strongly advised. Online entry is available via [www.seaa.org.uk](http://www.seaa.org.uk) and is £2.00 cheaper. Please make cheques payable to SEAA Competition Limited. Entry forms to be sent to: SEAA, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB.

PLEASE USE A SEPARATE FORM FOR EACH EVENT

EVENT	<input type="text"/>		
AGE GROUP	<input type="text"/>	DATE OF BIRTH	<input type="text"/>
FULL NAME	<input type="text"/>		Age on 31.08.17 <input type="text"/>
CLUB	<input type="text"/>		Age 31.12.17 (U20's Only) <input type="text"/>
ADDRESS	<input type="text"/>		MALE <input type="text"/>
	<input type="text"/>		FEMALE <input type="text"/>
POST CODE	<input type="text"/>		
TELEPHONE NUMBER	<input type="text"/>		
MOBILE NUMBER	<input type="text"/>		
EMAIL	<input type="text"/>		
EA REGISTRATION NUMBER	<input type="text"/>		

ALL COMPETING ATHLETES MUST HAVE A VALID ENGLAND ATHLETICS REGISTRATION NUMBER. FAILURE TO PROVIDE THIS INFORMATION WILL RESULT IN YOUR ENTRY BEING REFUSED.

PERSONAL BEST (2016/17)	Please ensure this information is complete for seeding purposes. This ensures that you are in the correct heat/pool.		
PB(2016 Onwards)	<input type="text"/>	Date Achieved	<input type="text"/>
		Venue	<input type="text"/>

**Declaration:** I hereby declare that I am eligible to compete according to the laws of the governing body for UK Athletics, I am a duly elected member of the above named club and that the above particulars are complete and correct. ☐ (Please tick to confirm)

# SOUTH OF ENGLAND ATHLETIC ASSOCIATION 2017 COMBINED EVENTS ENTRY FORM



Sat 22<sup>nd</sup> & Sun 23<sup>rd</sup> July at Horspath Track, Oxford OX4 2RR

Entry Fees: Senior's & U20 men - £28 U20 Women & U17's - £23

U15's - £21 No late entries will be accepted, nor will entries made by telephone or email.

A fully completed form must be received by the closing date or the entry will not be accepted. The use of recorded delivery is strongly advised. Entry forms to be sent to: SEAA, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB. Online entry is available via [www.seaa.org.uk](http://www.seaa.org.uk) and is £2.00 cheaper. Cheques payable to SEAA Competition Limited.

**PLEASE USE A SEPARATE FORM FOR EACH EVENT**

EVENT:	DECATHLON	OCTATHLON	HEPTATHLON	PENTATHLON
AGE GROUP	<input type="text"/>	DATE OF BIRTH	<input type="text"/>	Age on 31.08.17 <input type="text"/>
FULL NAME	<input type="text"/>			Age 31.12.17 (U20's Only) <input type="text"/>
CLUB	<input type="text"/>			MALE <input type="checkbox"/>
ADDRESS	<input type="text"/>			FEMALE <input type="checkbox"/>
POST CODE	<input type="text"/>			
TELEPHONE NUMBER	<input type="text"/>		MOBILE	<input type="text"/>
EMAIL	<input type="text"/>			
EA REGISTRATION NUMBER	<input type="text"/>			ENTRIES CLOSE ON TUESDAY 11 <sup>TH</sup> JULY!

**ALL COMPETING ATHLETES MUST HAVE A VALID ENGLAND ATHLETICS REGISTRATION NUMBER. FAILURE TO PROVIDE THIS INFORMATION WILL RESULT IN YOUR ENTRY BEING REFUSED.**

PERSONAL BEST (2016/17)

Please ensure this information is complete for seeding purposes.  
This ensures that you are in the correct heat/pool.

100m	<input type="text"/>	200m/400m	<input type="text"/>	800m/1500m	<input type="text"/>
High Jump	<input type="text"/>	Pole Vault	<input type="text"/>	Javelin	<input type="text"/>
Long Jump	<input type="text"/>	Discus	<input type="text"/>	Shot	<input type="text"/>
Hurdles	<input type="text"/>				

**Declaration:** I hereby declare that I am eligible to compete according to the laws of the governing body for UK Athletics, I am a duly elected member of the above named club and that the above particulars are complete and correct. ☐ (Please tick to confirm)



# SOUTH OF ENGLAND ATHLETIC ASSOCIATION

## 2017 UNDER 13 OPEN EVENTS ENTRY FORM



Sat 19<sup>TH</sup> (Girls) & Sun 20<sup>th</sup> (Boys) August  
at Crystal Palace, London SE19 2BB

Entry Fees: £8 Per Event Closing Date: 8<sup>th</sup> August 2017

No late entries will be accepted, nor will entries made by telephone or email. **A fully completed form must be received by the closing date or the entry will not be accepted.** The use of recorded delivery is strongly advised. **Entry forms to be sent to: SEAA, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB.** Online entry is available via [www.seaa.org.uk](http://www.seaa.org.uk) and is £2.00 cheaper. **Cheques payable to SEAA Competition Ltd**

**PLEASE USE A SEPARATE FORM FOR EACH EVENT**

**EVENT:** 100m    200m    800m    70/75m Hurdles    High Jump    Long Jump    Shot

Please circle relevant event

**DATE OF BIRTH**  **MALE** ☐ **FEMALE** ☐

**FULL NAME**

**CLUB**

**ADDRESS**

**POST CODE**

**TELEPHONE No.**

**MOBILE**

**EMAIL**

**PERSONAL BEST (2016/17)** **Please ensure this information is complete for seeding purposes. This ensures that you are in the correct heat/pool.**

100m	<input type="text"/>	200m	<input type="text"/>	800m	<input type="text"/>	Hurdles	<input type="text"/>
High Jump	<input type="text"/>	Long Jump	<input type="text"/>	Shot	<input type="text"/>		

**Declaration:** I hereby declare that I am eligible to compete according to the laws of the governing body for UK Athletics, I am a duly elected member of the above named club and that the above particulars are complete and correct. ☐ (Please tick to confirm)

# SOUTH OF ENGLAND ATHLETIC ASSOCIATION

## 2017 U20/SENIOR 10k ENTRY FORM



Hosted by Vale of Aylesbury AC at Stoke Mandeville

Wednesday 20<sup>th</sup> September. Entries close 12<sup>th</sup> September

Entry Fees: Seniors - £17 - Under 20's - £14

No late entries will be accepted, nor will entries made by telephone or email. A fully completed form must be received by the closing date or the entry will not be accepted. The use of recorded delivery is strongly advised. Online entry is available via [www.seaa.org.uk](http://www.seaa.org.uk) and is £2.00 cheaper. Please make cheques payable to SEAA Competition Limited. Entry forms to be sent to: SEAA, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB.

AGE GROUP	Under 20	Senior	DATE OF BIRTH	<input type="text"/>
FULL NAME	<input type="text"/>			Age on 31.08.17 <input type="text"/>
CLUB	<input type="text"/>			Age 31.12.17 (U20's Only) <input type="text"/>
ADDRESS	<input type="text"/>			MALE <input type="checkbox"/>
	<input type="text"/>			FEMALE <input type="checkbox"/>
POST CODE	<input type="text"/>			
TELEPHONE NUMBER	<input type="text"/>			
MOBILE NUMBER	<input type="text"/>			
EMAIL	<input type="text"/>			
EA REGISTRATION NUMBER	<input type="text"/>			

**ALL COMPETING ATHLETES MUST HAVE A VALID ENGLAND ATHLETICS REGISTRATION NUMBER.**  
FAILURE TO PROVIDE THIS INFORMATION WILL RESULT IN YOUR ENTRY BEING REFUSED.

PERSONAL BEST (2016/17) **Please ensure this information is complete for seeding purposes.**  
**This ensures that you are in the correct heat/pool.**

PB(2016 Onwards)  Date Achieved  Venue

**ENTRY STANDARD Men - 39.00 Women - 42.00**

**Declaration:** I hereby declare that I am eligible to compete according to the laws of the governing body for UK Athletics, I am a duly elected member of the above named club and that the above particulars are complete and correct. ☐ (Please tick to confirm)

OFFICE USE ONLY

ENTRY FEE REC £

ENVELOPE ENCLOSED

Y / N