



# 2022 Southern Outdoor Track & Field Prospectus

Under UKA Rules

Supported By



**SEAA Competition Limited**  
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# CONDITIONS OF ENTRY

## ENTRIES

**Online Entries** will be available from mid-March on the SEAA Website, [www.seaa.org.uk](http://www.seaa.org.uk).

**THE CLOSING DATE FOR ENTRIES AS STATED IS THE LATEST DATE BY WHICH AN ENTRY MUST BE RECEIVED AT THE SEAA OFFICE. Once this date has passed the online entry system will close.**

**The entry declaration must be completed by the intending competitor**, who shall be responsible for all statements therein and any omissions therefrom, whether the athlete actually made the entry or not. Any individual making a false entry may be dealt with for misconduct (as defined in Rule 145 S1).

**In the event of a meeting or event being cancelled,  
80% of the entry fee will be refunded.**

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## AGE GROUPS

**U13s-** Must be 11 years of age but under 13 years of age at midnight on August 31st 2022.

**U15s-** Must be 13 years of age but under 15 years of age at midnight on August 31st 2022.

**U17s-** Must be 15 years of age but under 17 years of age at midnight on August 31st 2022.

**U20s-** Must be 17 years of age at midnight on August 31st 2022 but under 20 years at midnight December 31st 2022.

**Seniors-** Must be 20 years of age at midnight December 31st 2022.

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**Disclaimer (this applies to all SEAA Championships): 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.**

# ELIGIBILITY TO COMPETE

**All Athletes must be registered with England Athletics.** Failure to provide a valid Registration number on your entry will result in the entry being rejected. This rule will be rigorously applied to all SEAA Championships and applies to all age groups.

## **All athletes must have a Southern Area Qualification in accordance with Rule 21 S 6 (2) RULE 21 S6 (2) UKA SUPPLEMENT - COUNTY, DISTRICT AND AREA QUALIFICATIONS (PREVIOUSLY UKA RULE 9)**

*(2) English Area Championships and Representation*

*(a) An Area qualification to compete shall be acquired as follows:*

*By birth (See also Rule 21 S4(1)).*

*By nine months' continuous bona fide residence within the Area boundary immediately prior to the date of competition.*

*By nine months' service in HM Forces stationed within the Area boundary immediately prior to the date of the competition.*

*(b) A student at school, college or university does not acquire a residential qualification by residence during term time alone. An Area, though, may, at its discretion, relax the residential qualification in the case of Under 20 and younger athletes, and of Seniors in residence at college or university, but any competition shall not be deemed to have established an Area qualification.*

*(c) No athlete is allowed to compete in the Championships of more than one Area Association in any one nine month period*

**Athletes who are not members of a Southern Club will be asked to confirm their eligibility. If they do not do so, they may not be allowed to compete on the day.**

**Guests are allowed to compete in the Combined Events**, but must inform the SEAA of their intention to compete as a guest. Guests will not be eligible for a medal.

## **ANTI-DOPING**

By submitting an entry to any SEAA Championship, you acknowledge that you are **bound by UKA Anti-Doping rules.**

The UKA Anti-Doping Rules are available at **[www.ukad.org.uk](http://www.ukad.org.uk)**

To check the status of registered medicines please visit **[www.globaldro.com](http://www.globaldro.com)**

For general anti-doping queries please contact **[ukad@ukad.org.uk](mailto:ukad@ukad.org.uk)**

# EVENT INFORMATION

Please ensure you read this section. Athletes are expected to meet the starting heights and distances below.

## 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 UKA 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 **UKA Rule 143 S1** 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

## 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  
Under 13s – 1.25m

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

## TRIPLE JUMP BOARDS

Senior Men – 13m  
Senior Women – 11m  
Under 20 Men – 11/13m  
Under 20 Women – 9/11m  
Under 17 Men – 11/13m  
Under 17 Women – 9/11m  
Under 15 Boys – 9/11m  
Under 15 Girls – 7/9m

## 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

**SIS (False Start Equipment) is planned to be used at the U20/Senior Championships in June**

# U20/SENIOR CHAMPIONSHIPS

**Saturday 18th & Sunday 19th June at Chelmsford**

**Online Entry Fees: Seniors - £19; U20s - £16**

**Closing Date: Tuesday 7th June**

## SATURDAY

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

**The U15/U17 3000m Championship is being held on the Sunday 19<sup>th</sup> June.**

## SUNDAY

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

**\*\* Should there be an excessive number of competitors, it will be necessary to have a Championship race and a 'B' race. This decision will be taken after athletes have registered on the day.**

**DISCLAIMER:** 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.



# UNDER 13 CHAMPIONSHIPS

**Saturday 13th & Sunday 14th August at Chelmsford**

**Online Entry Fees: £12 per event**

**Closing Date: Tuesday 2nd August**

## SATURDAY

100m (U13B)  
200m (U13G)  
800m Heats  
70m Hurdles  
Long Jump  
High Jump  
(1.25m)  
Shot  
Javelin (U13B)

## SUNDAY

100m (U13G)  
200m (U13B)  
800m Final  
75m Hurdles  
Long Jump  
High Jump  
(1.25m)  
Shot  
Javelin (U13G)

**NOTE: UNDER 13 ATHLETES MAY ONLY COMPETE  
IN THREE EVENTS PER DAY.**

**SEAA RESERVES THE RIGHT TO HOLD EVENTS ON DIFFERENT DAYS  
IF DEMAND REQUIRES.**

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# U15/U17 CHAMPIONSHIPS

**Saturday 13th & Sunday 14th August at Chelmsford**

**Online Entry Fees:** U15/U17 - £15; Seniors - £19 (Walks); U20s - £16 (Walks)

**Closing Date: Tuesday 2nd August**

## SATURDAY

<u>U15 Boys</u>	<u>U17 Men</u>	<u>U15 Girls</u>	<u>U17 Women</u>
200m	100m	200m	100m
300m Heats	400m Heats	300m Heats	400m Heats
800m Heats	800m Heats	800m Heats	800m Heats
1500m Heats	1500m Heats	1500m Heats	1500m Heats
80m Hurdles	400m Hurdles Heats	75m Hurdles	300m Hurdles Heats
Pole Vault (2.30m)	1500m S/C Final	High Jump (1.40m)	1500m S/C Final
Triple Jump (9/11m)	High Jump (1.65m)	Long Jump	Pole Vault (2.20m)
Hammer (4kg)	Long Jump	Shot (3kg)	Triple Jump (9/11m)
Javelin (600gms)	Shot (5kg)	Discus (1kg)	Hammer (3kg)
	Discus (1.5kg)		Javelin (500gms)

**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.

## SUNDAY

<u>U15 Boys</u>	<u>U17 Men</u>	<u>U15 Girls</u>	<u>U17 Women</u>
100m	200m	100m	200m
300m Final	400m Final	300m Final	400m Final
800m Final	800m Final	800m Final	800m Final
1500m Final	1500m Final	1500m Final	1500m Final
High Jump (1.50m)	100m Hurdles	Pole Vault (1.90m)	80m Hurdles
Long Jump	400m Hurdles Final	Triple Jump (7/9m)	300m Hurdles Final
Shot (4kg)	Pole Vault (2.90m)	Hammer (3kg)	High Jump (1.45m)
Discus (1.75kg)	Triple Jump (11/13m)	Javelin (600gms)	Long Jump
	Hammer (7.26kg)		Shot (3kg)
	Javelin (800gms)		Discus (1kg)

**Sunday 14th August Walks:** Senior Men & Women, U20 Men & Women 5000m,  
U17 Men & Women, U15 Boys & Girls 3000m Walks

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# ALL AGES COMBINED EVENTS

**Saturday 23rd & Sunday 24th July at Horspath, Oxford**

**Online Entry Fees:** Senior & U20 Men - £35; U20 Women & U17s - £30; U15s - £28

**Closing Date: Tuesday 12th July**

Senior Men Decathlon	Senior Women Heptathlon
U20 Men Decathlon (U20s Specification)	U20 Women Heptathlon
U17 Men Octathlon	U17 Women Heptathlon
U15 Girls Pentathlon (Saturday)	U15 Boys Pentathlon (Sunday)

*Guests are welcome but must inform the SEAA of their intention to compete as a guest.*

## U15/U17 3000m CHAMPIONSHIPS

**Sunday 19th June at Chelmsford**

**Closing Date: Tuesday 7th June**

**Online Entry Fees – £15**

## WALKS CHAMPIONSHIPS

**Sunday 14th August at Chelmsford**

**Closing Date: Tuesday 2nd August**

Senior Men, Senior Women, Under 20 Men, Under 20 Women 5000m  
Under 17 Men, Under 17 Women, Under 15 Boys, Under 15 Girls 3000m

**Online Entry Fees:** Seniors - £19; U20s - £16; U15/U17 - £15

## U20/Senior INTER COUNTY CHAMPIONSHIPS

**Saturday 9th July at Horspath, Oxford**

**Closing Date: Tuesday 28th June**

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

*Invitations will be sent to County Secretaries in April.*

**Entry Fees: TO BE DETERMINED**

## U15/U17 INTER COUNTY CHAMPIONSHIPS

**Saturday 10th September at Horspath, Oxford**

**Closing Date: Tuesday 30th August**

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

*Invitations will be sent to County Secretaries in April.*

**Entry Fees: TO BE DETERMINED**

# VENUE INFORMATION

## CHELMSFORD TRACK



Salerno Way  
Chelmsford  
Essex  
CM1 2EH

Tel: 01245 605 666

## HORSPATH, OXFORD



Horspath Road  
Oxford  
OX4 2RR

Tel: 01865 249 811

## DISABLED AND MASTERS ATHLETES

The SEAA will accept entries from all ambulant athletes. Disability and Masters athletes will be integrated in the main events with credit given for their Classification and Age group although there will be no specific medals awarded.

Implement weights and hurdle heights will be as required. Where non-standard (for the event) weights are used in Field events each athlete will have six attempts