

MERSEYSIDE COUNTY TRACK & FIELD CHAMPIONSHIPS 2019



Under UKA Rules

SATURDAY, 11TH MAY 2019 AT WAVERTREE

MALE ATHLETES

ONLINE ENTRIES ONLY: ENTER ONLINE AT <http://merseysidecountyaa.org.uk/>
QUALIFICATIONS TO COMPETE

In order to compete in the County Championships, you must have been BORN in the county OR you should have been living in the county for AT LEAST 9 MONTHS i.e. since 10 August 2018.

CLOSING DATE Saturday 4th May 2019

£5 per event:

DEFINITELY NO ENTRIES ON THE DAY. NB ATHLETES WILL NOT BE ALLOWED TO CHANGE EVENTS ON THE DAY.

NOTES AND RULES OF COMPETITION

- The organisers may stage event/age groups simultaneously to improve the competition opportunities and for timetable purposes.
- AWARDS:** Medals to 1st 3 in every event.
- UKA AGE GROUPS – for track and field competitions to 1st September 2019**
 - Under 13 athletes must be born on or between 01/09/2006 & 31/08/2008
 - Under 15 athletes must be born on or between 01/09/2004 & 31/08/2006
 - Under 17 athletes must be born on or between 01/09/2002 & 31/08/2004
 - Under 20 athletes must be born on or between 01/01/2000 & 31/08/2002
 - Senior athletes must be born on or before 31/12/1999
- CLUB COLOURS** – In all events, competitors must wear at least vest and shorts (or equivalent clothing) which are clean and so designed and worn as not to be objectionable, even when wet. Competitors must wear the vest of their first claim Club, County, Area or National vest.
- ATHLETE REGISTRATION. ALL ATHLETES (U13 and OLDER) MUST BE REGISTERED WITH ENGLAND OR WELSH ATHLETICS AND QUOTE THEIR LICENCE (URN) NUMBER ON THE ENTRY FORM. If you don't know your URN or need to check you are registered visit. <http://livemyathletics.uka.org.uk/LicenceCheck/>**

6. AGE-GROUP LIMITATIONS TO COMPETITION

- Under 13 – may compete in a MAXIMUM of 3 events. Only one of these is allowed to be between 600m and 1500m inclusive;
- Under 15 – may compete in a MAXIMUM of 3 events. Only one of these is allowed to be between 800m and 3000m inclusive;
- Under 17 – may compete in a MAXIMUM of 3 events;
- Under 20 – may compete in a MAXIMUM of 5 events;
- Seniors – No Limitations

7. DECLARATIONS

- TRACK ATHLETES MUST DECLARE and THEN pick up their number for their event(s) to the operator at the computer **one hour** before the event start time.
- FIELD athletes pick up their number and then report direct to field event area, at least 30 minutes before the published event start time.

8. The organisers will have the right to limit entries for each event.

9. The Final Programme & Event schedule will appear on the website By 10.00 pm. on MONDAY 6th May 2019

10. To assist the seeding process you will need to provide your personal best performances on the online entry form

11. Under 11 Development Events

Under 11s (must be at least 9 years of age and Under 11 years on the day of Competition i.e. on 11th May 2019. So U11s must be born between 12/05/2008 and 11/05/2010. Development Events - 75m; 150m; 600m; 1000m, Long Jump & Soft Javelin. U11s can only compete in a maximum of 2 track events and no more than 3 events in total at a cost of £3.00 per event.

Athletes may NOT compete in BOTH 600m AND 1000m

MERSEYSIDE COUNTY TRACK & FIELD 2019 (MALES)

Event/Age Group	Senior M	Junior M	U17M	U15B	U13B	U11B
75m						✓
100m	✓	✓	✓	✓	✓	
150m						✓
200m	✓	✓	✓	✓	✓	
300m				✓		
400m	✓	✓	✓			
600m						✓
800m	✓	✓	✓	✓	✓	
1000m						✓
1500m	✓	✓	✓	✓	✓	
3000m	✓	✓	✓	✓		
Sprint Hurdles	110Mh ✓	110mH ✓	100mH ✓	80mH ✓	75mH ✓	
400mH	✓	✓	✓			
Steeplechase	3km ✓	2km ✓	1½km ✓			
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓		
Pole Vault	✓	✓	✓	✓		
High Jump	✓	✓	✓	✓	✓	✓
Hammer	✓	✓	✓	✓		
Discus	✓	✓	✓	✓		
Shot	✓	✓	✓	✓	✓	
Javelin	✓	✓	✓	✓	✓	
Soft Javelin						✓

You may only compete within one age group (see UKA Rule 107)

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