**MERSEYSIDE COUNTY TRACK & FIELD**

**CHAMPIONSHIPS 2024**

**Under UKA Rules (licence to be applied for)**

**Sunday** **12th May 2024 AT WAVERTREE**

**FEMALE ATHLETES**

**ONLINE ENTRIES ONLY:**

**NTER ONLINE** [https://www.race-results.co.uk/](https://www.race-results.co.uk/onlineentries/user/login.php?raceid=4852)

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 12th August 2023

**CLOSING DATE –** **Friday 3th May 2024**

**£6** 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

1. 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 2024**

* 1. Under 13 athletes must be born on or between 01/09/2011 & 31/08/2013
	2. Under 15 athletes must be born on or between 01/09/2009 & 31/08/2011
	3. Under 17 athletes must be born on or between 01/09/2007 & 31/08/2009
	4. Under 20 athletes must be born on or between 01/01/2005 & 31/08/2007
	5. Senior athletes must be born on or before 31/12/2004

1. **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 their first claim Club, County, Area or National vest."
2. **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.** [Athlete Registration Check (uka.org.uk)](https://livemyathletics.uka.org.uk/LicenceCheck/)

# 6. AGE-GROUP LIMITATIONS TO COMPETITION

1. Under 13 – may compete in a MAXIMUM of 3 events. Only one of these is allowed to be between 600m and 1200m inclusive;
2. Under 15 – may compete in a MAXIMUM of 3 events. Only one of these is

allowed to be between 800m and 3000m inclusive;
c. Under 17 – may compete in a MAXIMUM of 3 events;

1. Under 20 – may compete in a MAXIMUM of 5 events;
2. Seniors – No Limitations

# 7. DECLARATIONS

1. 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.
2. FIELD athletes pick up their number and then report direct to field event area, at least 30 minutes before the published event start time.
3. **The organisers will have the right to limit entries for each event**.

1. **The Final Programme & Event schedule will appear on the website by** **Wednesday 8th May 2024**

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

# 11. Under 11 Development Events (FOR YRS 4 and 5 ONLY)

**Development Events – 75m; 150m; 600m** or **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** **£4.00 per event.**

**Athletes may NOT compete in BOTH 600m AND 1000m**

You may only compete within one age group (as per UKA rules)

**Team for Inter Counties for U15/U17 at Blackpool on 27th May selected from this event.**

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| **MERSEYSIDE COUNTY TRACK & FIELD 2024 (FEMALES)** |  |
| Event/Age Group  | Senior W  | Junior W  | U17W  | U15G  | U13G  | U11G |
| 75m  |   |   |   |   | ✓  | ✓ |
| 100m  | ✓  | ✓  | ✓  | ✓  |   |   |
| 150m  |   |   |   |   | ✓  | ✓ |
| 200m  | ✓  | ✓  | ✓  | ✓  |   |   |
| 300m  |   |   | ✓  | ✓  |   |   |
| 400m  | ✓  | ✓  |   |   |   |   |
| 600m  |   |   |   |   |   | ✓ |
| 800m  | ✓  | ✓  | ✓  | ✓  | ✓  |   |
| 1000m  |   |   |   |   |   | ✓ |
| 1200m  |   |   |   |   | ✓  |   |
| 1500m  | ✓  | ✓  | ✓  | ✓  |   |   |
| 3000m  | ✓  | ✓  | ✓  | ✓  |   |   |
| Sprint Hurdles  | 100Mh ✓  | 100mH ✓  | 80mH ✓  | 75mH ✓  | 70mH  ✓  |   |
| 400mH/300mH U17  | ✓  | ✓  | ✓  |  |  |   |
| Steeplechase  | 2km ✓  | 1½km ✓  | 1½km ✓  |    |    |   |
| Long Jump  | ✓  | ✓  | ✓  | ✓  | ✓  | ✓  |
| Triple Jump  | ✓  | ✓  | ✓  | ✓  |   |   |
| Pole Vault  | ✓  | ✓  | ✓  | ✓  |   |   |
| High Jump  | ✓  | ✓  | ✓  | ✓  | ✓  | ✓  |
| Hammer  | ✓  | ✓  | ✓  | ✓  |   |   |
| Discus  | ✓  | ✓  | ✓  | ✓  |   |   |
| Shot  | ✓  | ✓  | ✓  | ✓  | ✓  |   |
| Javelin  | ✓  | ✓  | ✓  | ✓  | ✓  |   |
| Soft Javelin  |   |   |   |   |   | ✓  |