

**2021 Outdoor Track and Field Season**

Welcome to what we hope will be a year in which there will be a return to some meaningful competition for everyone.

The enclosed Prospectus lays out our plans for the season ahead, but we have to bear in mind that there will undoubtedly be some Covid restrictions which will still apply, particularly to the early events. We shall ensure that we shall do our utmost to stage these Championships, and to do so very safely, and will put in place whatever measures are deemed necessary. For instance, it is likely that temperature checks on entrance will be in place for the June event.

It is very important that before entering, every athlete makes sure that they are physically and mentally ready to compete. We all need to bear in mind the lack of competition, even for many the lack of training, which has been experienced in the past year.

We look forward to welcoming people back to our Championships and wish you all a safe and successful experience in the coming months.

Please stay safe.

Susan Deaves

**Chairman**

**Track and Field Group**

**2021** 

**2021**

**SOUTHERN OUTDOOR**

**TRACK & FIELD PROSPECTUS**

A picture containing text, gambling house

Description automatically generated

**Under UKA Rules**

## SEAA Competition Limited

Crystal Palace National Sports Centre

Ledrington Road

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**CONDITIONS OF ENTRY**

**COVID 19**

**All events will be staged in accordance with the relevant government guidelines**

**in place at that time.**

**ENTRIES**

**Online Entries** will be available from late March 2021 on the SEAA Website.

**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 shallbe 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.**



**AGE GROUPS**

**U13s**- Must be 11 years of age but under 13 years of age at midnight on August 31st 2021.

**U15s**- Must be 13 years of age but under 15 years of age at midnight on August 31st 2021.

**U17s**- Must be 15 years of age but under 17 years of age at midnight on August 31st 2021.

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

December 31st 2021.

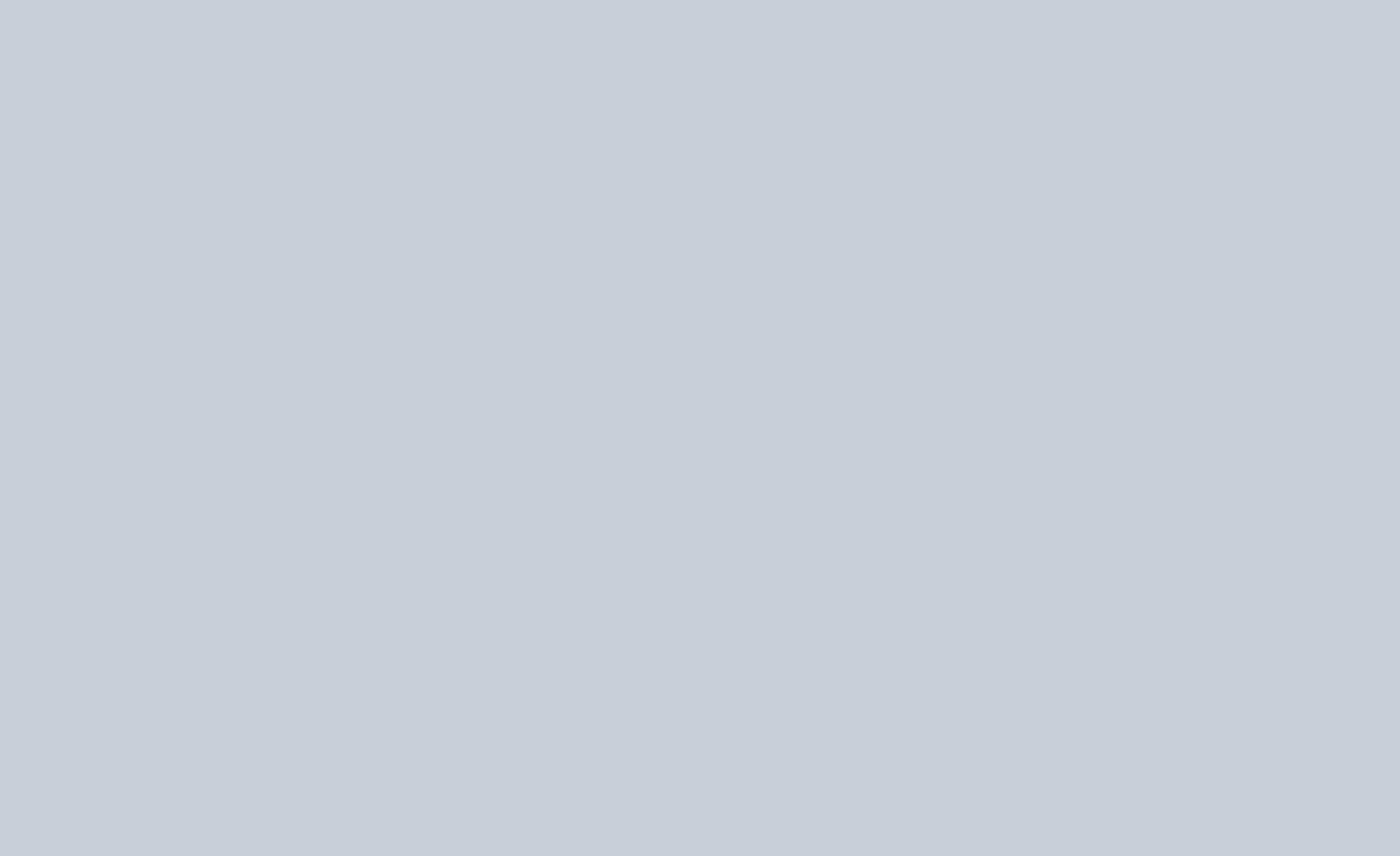
**Seniors**- Must be 20 years of age at midnight December 31st 2021



**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 validRegistration 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*

1. *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.*

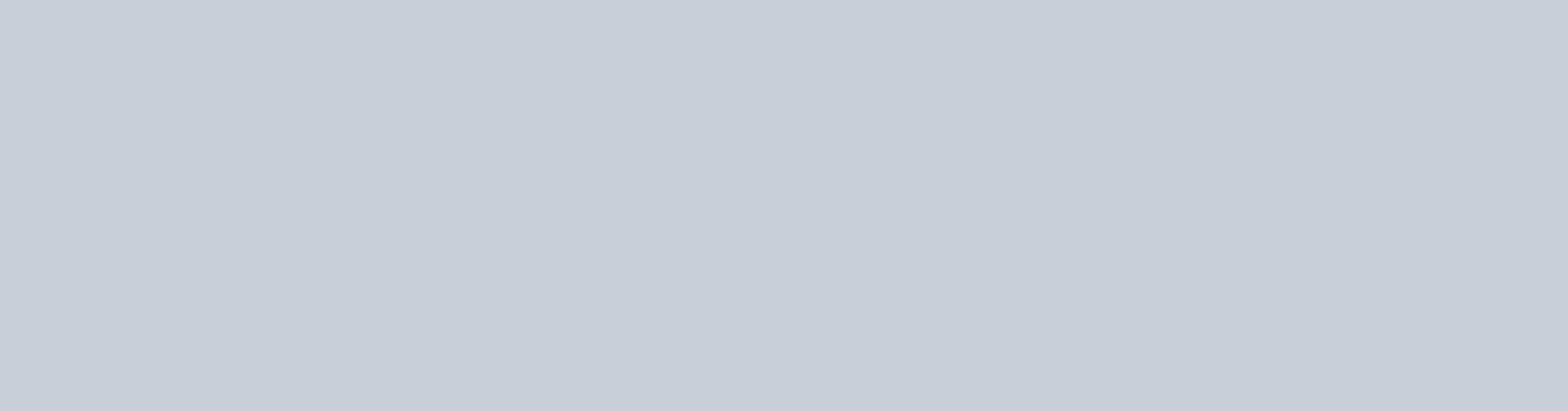
*By nine months’ service in HM Forces stationed within the Area boundary immediately prior to the date of the competition.*

1. *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.*
2. *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 SEAAof 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**

To check the status of registered medicines please visit **www.globaldro.com** For general anti-doping queries please contact **antidoping@uka.org.uk**

02

**EVENT INFORMATION**

**Please ensure you read this section.**

**Athletes are expected to meet the required starting heights for Southern Championships.**

**Details can be found on Pages 4/5/6 of this Prospectus.**

**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

**HIGH JUMP PROGRESSIONS**

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

**EQUIPMENT**

**Spike Length** - The maximum length of spikes is 9mm

on allsurfaces (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 andshorts 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.

Amended UKA Rule 5 (Shoes) will be implemented at all 2021 meetings**.**

**False Start Equipment (SIS) is planned to be used at the**

**U20/Senior** **Championships in June**

03

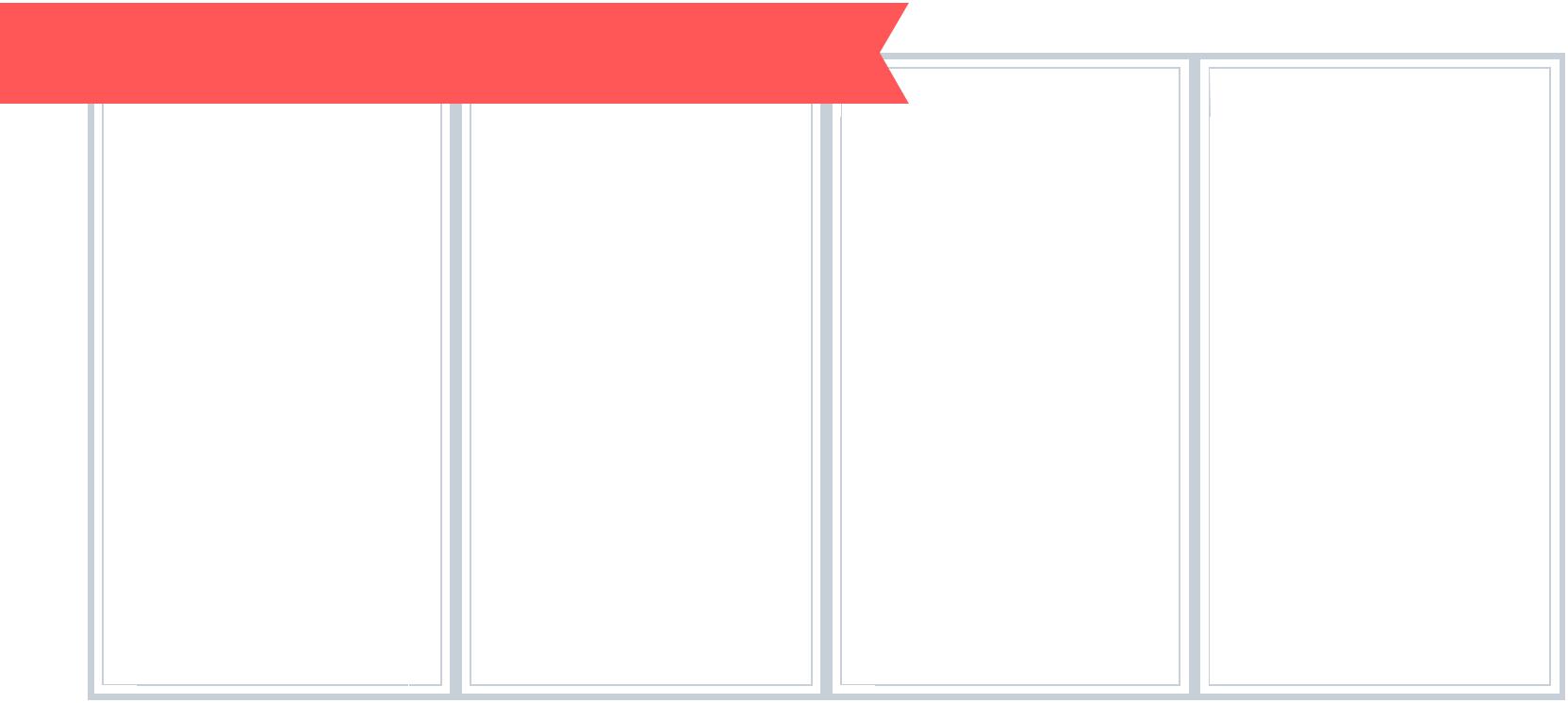
**U20/SENIOR CHAMPIONSHIPS**

**Saturday 12th & Sunday 13th June 2021** venue TBC

**Online Entry Fees** - Seniors - £18, U20s - £15

*Online entries available late March 2021 onward at* ***www.seaa.org.uk***

**Closing Date: Tuesday 1st June 2021**



**SATURDAY**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **U20 Men** | | **Senior Men** | | | **U20 Women** | | |  | **Senior Women** | |
|  | 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 | |
| 400mH Heats | | | 400mH Heats | | | 400mH Heats | | |  | 400mH 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 (13/11m) | | |  | 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.**



|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  | **SUNDAY** | | | | |
|  | **U20 Men** |  | **Senior Men** | | |  | **U20 Women** |  |  | **Senior Women** |  |
|  | 100m | |  | 200m |  |  | 100m | |  | 200m Final | |
| 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 (11/9m) | | |  | 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.**

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04

**UNDER 13 CHAMPIONSHIPS**

**Saturday 21st & Sunday 22nd August 2021**

at **Weir Archer Athletics Centre, Kingston**

**Online Entry Fees** - £11 per event

**Closing Date: Tuesday 10th August 2021**

*Online entries available late March 2021 onward at* ***www.seaa.org.uk***



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **SATURDAY** | |  | **SUNDAY** | |  |
| **Under 13 Girls** | | |  | **Under 13 Boys** |  |  |
|  |  |  |  | 100m | |  |
|  | 100m | |  |  |
|  | 200m | |  | 200m | |  |
|  | 800m Heats | |  | 800m Final | |  |
|  | 70m Hurdles | |  | 75m Hurdles | |  |
|  | Long Jump | |  | Long Jump | |  |
|  | High Jump (1.25m) | |  | High Jump (1.25m) | |  |
|  | Shot (2.72kg) | |  | Shot (3kg) | |  |
| **(U13B)** 800m Heats | | | **(U13G)** 800m Final | | |  |

**NOTE: UNDER 13 ATHLETES MAY ONLY COMPETE**

**IN THREE EVENTS ON ANY ONE DAY.**

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

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05

**U15/U17 CHAMPIONSHIPS**

**Saturday 21st & Sunday 22nd August 2021**

at **Weir Archer Athletics Centre, Kingston**

**Online Entry Fees** - U15/U17 £14 - Seniors £18 (Walks) - U20s £15 (Walks)

*Online entries available late March 2021 onward at* ***www.seaa.org.uk***

**Closing Date: Tuesday 10th August 2021**



**SATURDAY**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **U15 Boys** | | |  | **U17 Men** | | **U15 Girls** | | |  | **U17 Women** | |
|  | 200m |  |  | 100m |  |  | 100m |  |  | 200m |  |
| 300m Heats | | | 400m Heats | | | 400m Heats | | |  | 400m Heats | |
| 800m Heats | | | 800m Heats | | | 800m Heats | | |  | 800m Heats | |
| 1500m Heats | | | 1500m Heats | | | 1500m Heats | | | 1500m Heats | | |
| 80mH Heats | | | 400mH Heats | | | 75mH Heats | | | 300mH Heats | | |
| Pole Vault (2.30m) | | | 1500m S/C Final | | | High Jump (1.40m) | | | 1500m S/C Final | | |
| Triple Jump (11/9m) | | | High Jump (1.65m) | | | Long Jump | | | Pole Vault (2.20m) | | |
| Hammer (4kg) | | | Long Jump | | |  | Shot (3kg) | | Triple Jump (11/9m) | | |
| 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** | | | | |  |
|  |  |  |  |  |  |  |  |
|  | **U15 Boys** |  |  | **U17 Men** | |  | **U15 Girls** |  |  | **U17 Women** |  |  |
|  | 100m | |  | 200m |  |  | 100m | |  | 200m Final | |  |
|  | 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 | | | 100m Hurdles | | |  | 100m Hurdles | |  |
| 400m Hurdles Final | | | 400m Hurdles Final | | | 400m Hurdles Final | | | 400m Hurdles Final | | |  |
| High Jump (1.50m) | | | Pole Vault (2.80m) | | | Pole Vault (1.90m) | | | High Jump (1.45m) | | |  |
|  | Long Jump | | Triple Jump (13m/11m) | | | Triple Jump (9/7m) | | |  | Long Jump | |  |
|  | Shot (4kg) | | Hammer (5kg) | | | Hammer (3kg) | | |  | Shot (3kg) | |  |
| Discus (1.25kg) | | | Javelin (700gms) | | | Javelin (500gms) | | |  | Discus (1kg) | |  |



**Sunday 22nd August Walks:** Senior Men & Women, U20 Men & Women 5000m,U17 Men & Women, U15 Boys & Girls 3000m

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06

**U15/U17/U20/SENIOR COMBINED EVENTS**

**Saturday 3rd & Sunday 4th July 2021** at **Horspath, Oxford**

**Online Entry Fees** - Senior & U20 Men £30 - U20 Women & U17s £25 - U15s £23*Online entries available late March 2021 onward at* ***www.seaa.org.uk***

**Closing Date: Tuesday 22nd June**

|  |  |
| --- | --- |
| 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 3****000m CHAMPIONSHIPS**

**Saturday 12th June 2021** venue TBC

**Closing Date: Tuesday 1st June**

**Online Entry Fees** - £14



**WALKS CHAMPIONSHIPS**

**Sunday 22nd August 2021** at **Weir Archer Athletics Centre**

**Closing Date: Tuesday 10th 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 - £18, U20s - £15, U15/U17 - £14



**U15/U20 INTER COUNTY CHAMPIONSHIPS**

**Saturday 11th September 2021** at **Horspath, Oxford**

**Closing Date: Tuesday 31st August**

|  |  |  |
| --- | --- | --- |
| ***Teams for this Match will be selected by each participating County.*** |  |  |
| ***Invitations will be sent to County Secretaries in April.*** |  |  |
| **Entry Fees:** £35 Per Team | 07 |  |
|  |  |

**VENUE INFORMATION**



**WEIR ARCHER ATHLETICS CENTRE**

422A Kingston Rd Kingston upon Thames Surrey

KT1 3PB



**HORSPATH, OXFORD**

Horspath Road

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08