

**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](about:blank).

**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 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.



**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.***

01

**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.

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**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.*

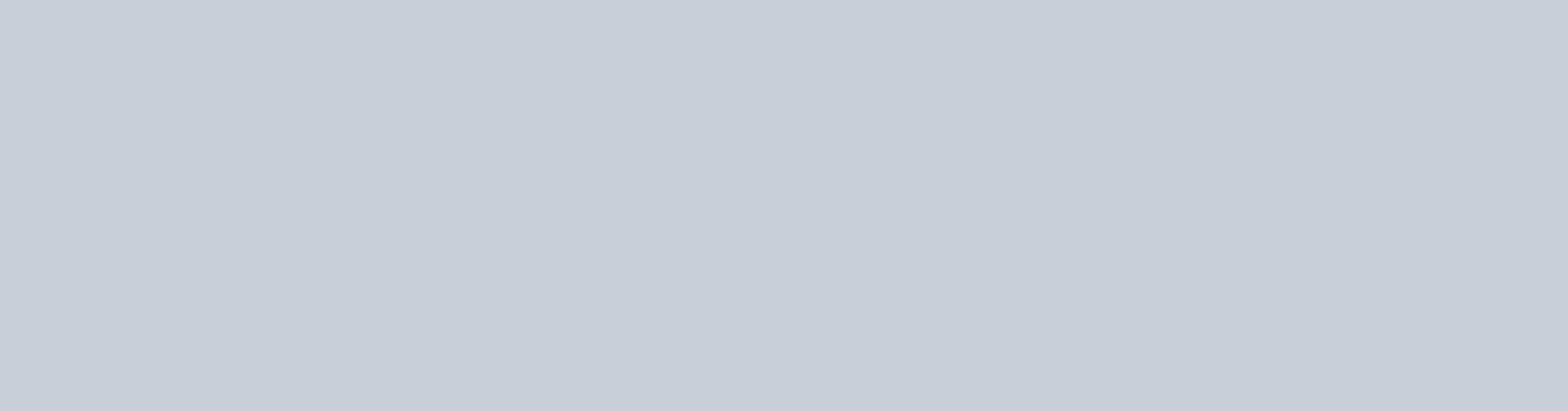
*(b) A student at school, college or university does not acquire a residential qualification by residence during term time alone. An Area, though, may, at its discretion, relax the residential qualification in the case of Under 20 and younger athletes, and of Seniors in residence at college or university, 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 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 **ukad@ukad.org.uk**

02

**EVENT INFORMATION**

**Please ensure you read this section. Athletes are expected to meet**

**the starting heights and distances below.**

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|  |  |  |
| --- | --- | --- |
| **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.**  Shape  Description automatically generated with medium confidence | **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.  Shape  Description automatically generated with medium confidenceAttention 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 | | |

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

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

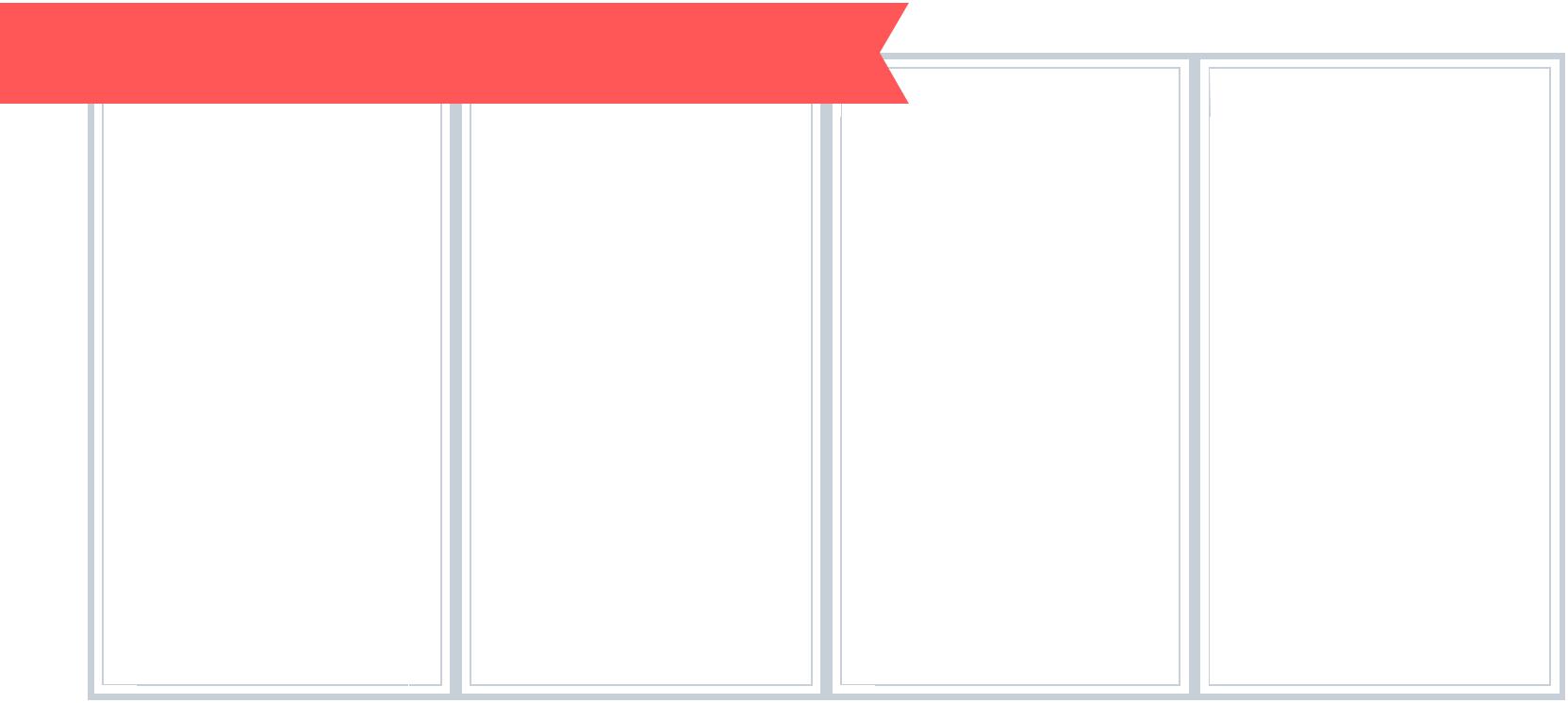
03

**U20/SENIOR CHAMPIONSHIPS**

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

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

**Closing Date: Tuesday 7th June**



**SATURDAY**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **U20 Men** | | **Senior Men** | | | **U20 Women** | | |  | **Senior Women** | |
|  | 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 19th June.**



|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  | **SUNDAY** | | | | |
|  | **U20 Men** |  | **Senior Men** | | |  | **U20 Women** |  |  | **Senior Women** |  |
|  | 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.***

04

**UNDER 13 CHAMPIONSHIPS**

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

**Online Entry Fees:** £12 per event

**Closing Date: Tuesday 2nd August**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **SATURDAY** | |  | **SUNDAY** |  |
|  |  |  |  | 100m (U13G) |  |
|  | 100m (U13B) | |  |  |
|  | 200m (U13G) | |  | 200m (U13B) |  |
|  | 800m Heats | |  | 800m Final |  |
|  | 70m Hurdles | |  | 75m Hurdles |  |
|  | Long Jump | |  | Long Jump |  |
|  | High Jump (1.25m) | |  | High Jump (1.25m) |  |
|  | Shot | |  | Shot |  |
| Javelin (U13B) | | | 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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05

**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**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **U15 Boys** | | |  | **U17 Men** | | **U15 Girls** | | |  | **U17 Women** | |
|  | 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.**

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**SUNDAY**

**U17 Women**

200m

400m Final

800m Final

1500m Final

80m Hurdles

300m Hurdles Final

High Jump (1.45m)

Long Jump

Shot (3kg)

Discus (1kg)

**U15 Girls**

100m

300m Final

800m Final

1500m Final

Pole Vault (1.90m)

Triple Jump (7/9m)

Hammer (3kg)

Javelin (600gms)

**U17 Men**

200m

400m Final

800m Final

1500m Final

100m Hurdles

400m Hurdles Final

Pole Vault (2.90m)

Triple Jump (11/13m)

Hammer (7.26kg)

Javelin (800gms)

**U15 Boys**

100m

300m Final

800m Final

1500m Final

High Jump (1.50m)

Long Jump

Shot (4kg)

Discus (1.75kg)

**Sunday 14th August Walks:** Senior Men & Women, U20 Men & Women 5000m,

U17 Men & Women, U15 Boys & Girls 3000m Walks

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06

**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**

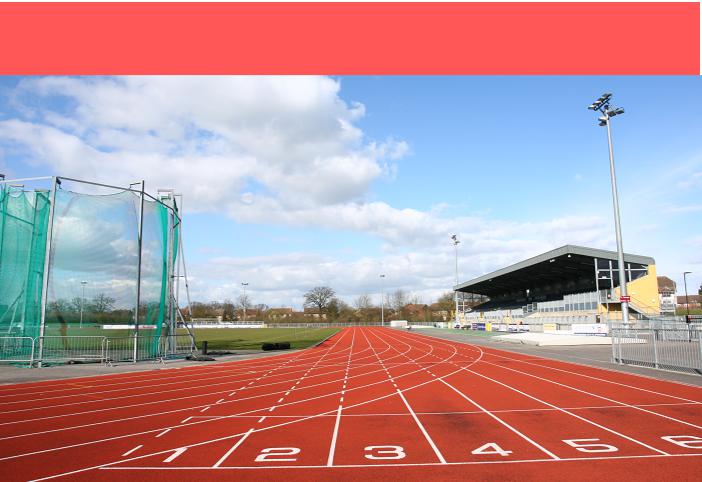


**U15/U17 INTER COUNTY CHAMPIONSHIPS**

**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** | 07 |  |
|  |  |

******VENUE INFORMATION CHELMSFORD TRACK**

Salerno Way

Chelmsford

Essex

CM1 2EH

Tel: 01245 605 666

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**HORSPATH, OXFORD**

Horspath Road

Oxford

OX4 2RR

Tel: 01865 249 811

**HORSPATH, OXFO**

**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

08