

Humber A.A. & Lincolnshire A.A. Track & Field Championships 2023 Prospectus.

Saturday 13th May, Costello Stadium, Hull, & Sunday 14th May The South Kesteven Sports Stadium, Grantham

EA Licence No.

Eligibility to Compete :-Athletes are eligible either by virtue of birth or residence in either of the two counties (Humber AA comprising the four unitary authorities of North East Lincolnshire, North Lincolnshire, East Yorkshire and Kingston upon Hull). Some athletes will have a dual qualification i.e. born in one county living in the other – these athletes must choose which county they wish to compete in, or for. They must stay with the same county each calendar year so if they entered Cross Country Championships of either county in 2022/2023 XC season they have made their choice for this year.

Age Groups :

U11 (School Yrs 4-5) and at least 8 years old on Saturday 13th May. 2023.,

U13 (School Yrs 6-7), **U15** (School Yrs 8-9) **U17** (School Yrs 10-11),

U20 (Juniors) are 17 or over on Aug. 31st, 2023 and under 20 on Dec. 31st, 2023

Seniors are 20 and over on Dec. 31st, 2023 Categories for **Masters** will be V35+, V50+ and V60+ only.(Years old on the day of competition)

Awards The first three competitors from each county, in each event and age group will receive the award of their county. Athletes will not be separated by county, but the first three in each event from each county will receive the awards even if this means looking at heat times to determine the positions- Photo-finish is to be used in the Championships. **Entries.**

We are using the Roster Platform again this year and all athletes, parents, coaches or clubs will need to follow this link to create an account if they don't already have one, <https://meets.rosterathletics.com/public/signup> Once signed up simply search for our Humber and Lincolnshire Championships event or

Use this link to enter

<https://meets.rosterathletics.com/public/competitions/details/about?id=13672>

Data Protection:- "You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category. *In compliance with the Data Protection Act.*

Starting heights and Number of trials In all Field events except HJ and PV competitors will have four trials and if they achieve AAA Grade III standard in one of those trials they will be entitled to a further 2 trials. In the case of Masters/Veterans, who will throw the weights appropriate to their age, achieving the corresponding Masters standard in the first four rounds, shall determine whether or not two further trials are awarded. Similarly achieving Masters Standards in the first four rounds of horizontal jumps will determine whether or not 2 further trials are allowed. Opening heights U13 Girls HJ will open at 1.15 m; U13 Boys HJ at 1.20 m- the bar rising in 5 cm increments. PV will start at 1.70 m rising in 10 cm increments. U11 Long Jump will be 3 Jumps Only.

Entry fees £10 for Vets, Sen and U20 per event, £8 for U17, U15 and U13 per event, £7 for U11

Please note the number of events an athlete in each age group may compete in is as below. They may enter more events but this is the maximum in which they can compete.

U11-3 events; **U13-3** events each day; **U15** – 3 events each day; **U17** - 3 events each day, **U20** – 4 events each day, **Seniors and Masters** – 5 events each day

Closing date:- 23.59pm. Sunday 30th April 2023

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EVENT PROSPECTUS- Start Time 11.00 a.m. both days

Saturday, 13th May, Costello Stadium, Hull.

Sunday 14th May, South Kesteven Sports Stadium, Grantham

Under 11 Girls	80m, 150m, 600m, Long Jump for Humber Athletes Only	80m, 150m, 600, Long Jump for Lincolnshire Athletes Only
Under 13 Girl	75m Hurdles, 100m, 1200m, Discus, Shot	200m, 800m, Javelin Throw, High Jump, Long Jump
Under 15 Girls	75m Hurdles, 100m, 300m, 1500m Shot Long Jump, Discus, Hammer. Pole Vault, Shot	200m, 800m, Javelin Throw, High Jump,
Under 17 Women	300mH 100m, 300m, 1500m, Discus, Hammer, Shot Put, Long Jump, , Pole Vault	200m, 800m, 3000m, 80 m Hurdles, Javelin Throw, Triple Jump, High Jump
Under 20 Women	400mH 100m, 400m, 1500m, Discus, Hammer, Shot, Long Jump , Pole Vault	200m, 800m, 3000m, 100m Hurdles, Javelin Throw, Triple Jump High Jump
Senior Women	400mH 100m, 400m, 1500m, Discus, Hammer, Shot Put, Long Jump Pole Vault	200m, 800m, 5000m, 100m Hurdles, Javelin Throw Triple Jump High Jump
Veteran Women (V35+, V50+& V60+ only)	400mH (300mH 50+) 100m, 400m, 1500m, Discus, Hammer, Shot Put Long Jump, Pole Vault	200m, 800m, 5000m, 80m Hurdles, Javelin Throw, Triple Jump High Jump
Under 11 Boys	80m, 150m, 600m Long Jump for Humber Athletes Only	80m, 150m, 600m Long Jump for Lincolnshire Athletes Only
Under 13 Boys	75m Hurdles, 100m, 1500m, Discus, High jump,	200m, 800m, Javelin Throw,, Shot, Long Jump
Under 15 Boys	80m Hurdles, 100m, 300m, 1500m Discus, Hammer, High Jump, Long Jump. Pole Vault	200m, 800m, Javelin Throw, Shot,
Under 17 Men	100m, 400m, 1500m, 400m Hurdles, Discus, Hammer, High Jump, Long Jump, Pole Vault	200m, 800m, 3000m, 100m Hurdles, Javelin Throw, Triple Jump, Shot put
Under 20 Men	100m, 400m, 1500m, 400m Hurdles, Discus, Hammer, High Jump Pole Vault., Long Jump	200m, 800m, 3000m, 110m Hurdles, Javelin Throw, Triple Jump, Shot Put
Senior Men	100m, 400m, 1500m, 400m H, Discus, Hammer, High jump Pole Vault, Long Jump	200m, 800m, 5000m, 110m Hurdles, Javelin Throw, Triple Jump, , Shot Put
Veteran Men (V35+, V50+& V60+ only)	100m, 400m, 1500m, 400mH (V60+ 300mH) Discus, Hammer, high jump, Pole Vault, Long Jump	200m, 800m, 5000m, 100m Hurdles, Javelin Throw, Triple Jump, Shot Put

County 10Km Championship event to be arranged for later in the season.

Athletes are required to read this statement from UKA

'An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the licence holder is a citizen of, or resident in, the UK.'

Entering the County Championships will be taken as acceptance of the above statement.