



# LEICESTERSHIRE & RUTLAND AA

COUNTY TRACK & FIELD CHAMPIONSHIPS  
ROCKINGHAM TRIANGLE, CORBY NN17 2FB  
SATURDAY 11th & SUNDAY 12th May 2024

(Under UK Athletics Rules)

In conjunction with the Northamptonshire AA Championships

## AGE GROUPS

Under 11 Boys/Girls	9 years old on the day, under 11 years old on 31.08.24
Under 13 Boys/Girls	11 or 12 years old on 31.08.24
Under 15 Boys/Girls	13 or 14 years old on 31.08.24
Under 17 Men/Women	15 or 16 years old on 31.08.24
Under 20 Men/Women.	17 years old on 31.08.24 under 20 years old on 31.12.24
Senior Men/Women	Open to any county eligible athlete under UKA Competition rules
Masters Men/Women	35 or over on the first day of competition

Age Group	Saturday 11.00am start	Sunday 11.00am start
Under20/Senior/ Masters Men	200m, 800m, 5000m, 110m Hurdles, 2k Walk, Long Jump, Shot, Discus, Pole Vault	100m, 400m, 400m Hurdles, 1500m, High Jump, Triple Jump, Hammer, Javelin
Under 17 Men	200m, 800m, 5000m, 100m Hurdles, 2k Walk, Long Jump, Shot, Discus, Pole Vault	100m, 400m, 1500m, 400m Hurdles, High Jump, Triple Jump, Hammer, Javelin
Under 15 Boys	200m, 800m, 80m Hurdles, 2k Walk, Long Jump, Shot, Discus, Pole Vault	100m, 300m, 1500m, High Jump, Triple Jump, Hammer, Javelin
Under 13 Boys	200m, 800m, 75m Hurdles, 2k Walk, Long Jump, Shot, Discus, Pole Vault	100m, 1500m, High Jump, Hammer, Javelin
Under 11 Boys	150m, 600m, Long Jump, (development)	75m, 1200m (development)
Under20/Senior/ Masters Women	200m, 800m, 5000m, 100m Hurdles, 2k Walk, High Jump, Shot, Discus, Pole Vault	100m, 400m, 1500m, 400m Hurdles, Long Jump, Triple Jump, Hammer, Javelin
Under 17 Women	200m, 800m, 5000m, 80m Hurdles, 2k Walk, High Jump, Shot, Discus, Pole Vault	100m, 300m, 1500m, 300m Hurdles, Long Jump, Triple Jump, Hammer, Javelin
Under 15 Girls	200m, 800m, 75m Hurdles, 2k Walk, High Jump, Shot, Discus, Pole Vault	100m, 300m, 1500m, Long Jump, Triple Jump, Hammer, Javelin
Under 13 Girls	200m, 800m, 70m Hurdles, 2k Walk, High Jump, Shot, Discus, Pole Vault	100m, 1500m, Long Jump, Hammer, Javelin
Under11 Girls	150m, 600m, (development)	75m, 1200m, Long Jump (development)

**Online entry via Roster Athletics** - closing date Saturday 27th April  
Event details and provisional timetable are on the Roster App.

## IMPORTANT INFORMATION

### MAXIMUM NUMBER OF EVENTS PER ATHLETE PER DAY

Under 11s, Under 13s, Under 15s, Under 17s	3 events per day (in accordance with rule T3 S2)
Under 20s	5 events per day
Seniors and Masters	Unlimited

**Note that the published timetable is Provisional and is subject to amendment based upon the number of entries in each event. If Heats are required, they will be added at the start of each day's events.**

**ALL NUMBERS TO BE COLLECTED ON THE DAY FROM REGISTRATION at the Clubhouse one hour before your event and must be worn on the back and front, excluding Pole Vault, High, Long and Triple Jump when only one is needed. Field event athletes must report to the competition area 30 minutes (60 minutes for Pole Vault) before each event time.**

Numbers must not be cut or folded (UKA Rule T5.9)

This is a joint Championship with NAA and individual events may be combined between Counties and/or Age Groups. The Organising Committee has the right to withdraw any event for which there are less than three entries. In this case a refund will be issued, and alternative arrangements may be made.

No phones or electronic in-ear devices may be used within the competition area.

No athlete may compete unless they have entered.

All athletes must be a Current financial member of an affiliated Athletics Club or a bona fide student.

Competitors must wear the vest of their first claim club or approved Representative vest (T5 S1)

County qualification is either by birth or 9 months continual residence in Leicestershire or Rutland, or by 9 months service in a unit of HM forces stationed in Leicestershire or Rutland

U11 events are 'Development Events' only and not championship events, but suitable medals will be awarded to all competitors.

All spectators will pay an entry fee of £1 per day (under 12's free). There will be no charge for coaches (on production of their UKA license card).

**Please note a change in our policy for awarding medals: 3 medals (Gold, Silver and Bronze) will be awarded where there are 5 or more entries; 2 medals (Gold and Silver) where there are only 4 entries; and 1 medal (Gold), where there are 3 or less entries.**

There is only one master's group on the day (35 plus) and the appropriate implement weights and heights apply. Masters athletes in other categories may opt to throw their age-category appropriate implements instead, but in that case will not be eligible for medals.

No dogs allowed in the stadium **except** for assistance dogs.

No smoking or vaping within the stadium area.

## **Field Events**

Under 17 athletes, and above, will be allowed 3 trials, with the top 6 qualifying for a further 3 trials. U13 & U15 athletes will be allowed 4 trials and U11 athletes 3.

Starting Heights for High Jump are as Follows: U13 Girls and Boys 1.05m, U15 Girls 1.15m, U15 Boys 1.25m.

## **Junior Inter-counties**

U13 and U15 county champions will gain automatic selection for the Leicestershire & Rutland team for the Junior Inter-counties competition to be held in early September.

## **Anti-Doping rules**

An entrant shall be deemed to have made him/herself/themselves familiar with and agreed to be bound by the UKA Ant-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 competition, whether or not the entrant is a citizen of or resident in the UK.

### **Shoe rule**

In accordance to rule TR5.2-5.6, 'Athletes may compete either barefoot or in Athletic Shoes. Athletes must comply with all Regulations relating to the wearing of Athletic Shoes approved by the Council' The latest list can be found here:  
<https://worldathletics.org/about-iaaf/documents/book-of-rules>

For all enquires please email: [\*\*davelodwick@gmail.com\*\*](mailto:davelodwick@gmail.com)

Website [\*\*http://www.lraa.org.uk\*\*](http://www.lraa.org.uk)