



LEICESTERSHIRE & RUTLAND AA

COUNTY TRACK & FIELD CHAMPIONSHIPS
ROCKINGHAM TRIANGLE, CORBY NN17 2FB
SATURDAY 10th & SUNDAY 11th May 2025

(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 31.08.25
Under 13 Boys/Girls	11 or 12 years old on 31.08.25
Under 15 Boys/Girls	13 or 14 years old on 31.08.25
Under 17 Men/Women	15 or 16 years old on 31.08.25
Under 20 Men/Women.	17 years old on 31.08.25 under 20 years old on 31.12.25
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 10.30am start
Under20/Senior/ Masters Men	200m, 800m, 5000m, 110m Hurdles, 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, Long Jump, Shot, Discus, Pole Vault	100m, 400m, 1500m, 400m Hurdles, High Jump, Triple Jump, Hammer, Javelin
Under 15 Boys	200m, 800m, 80m Hurdles, Long Jump, Shot, Discus, Pole Vault	100m, 300m, 1500m, High Jump, Triple Jump, Hammer, Javelin
Under 13 Boys	200m, 800m, 75m Hurdles, 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, 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, High Jump, Shot, Discus, Pole Vault	100m, 300m, 1500m, 300m Hurdles, Long Jump, Triple Jump, Hammer, Javelin
Under 15 Girls	200m, 800m, 75m Hurdles, High Jump, Shot, Discus, Pole Vault	100m, 300m, 1500m, Long Jump, Triple Jump, Hammer, Javelin
Under 13 Girls	200m, 800m, 70m Hurdles, 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 Friday 25th April (no late entries)

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.

In the event that there are too many athletes in U13 or U15 800m for the race to be run in lanes, the event will be run as a Time Trial with multiple heats

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 in all track events, only one number is needed to be worn in field events, on the front, excluding Pole Vault and high jump. 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, cameras, headphones or non-medical 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.

PLEASE NOTE: UKA Rule 4.4 (Failure to Participate) Athletes shall be excluded from participating in further events, when they have qualified in preliminary rounds or heats for further participation in any event, but then do not compete further, without giving valid reason to the Referee.

All spectators will pay an entry fee of £1 (cash only) 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 in the Senior and Masters categories: 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. These restrictions do not apply to U13, U15, U17 or U20 categories.

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.

Gender rules

"Eligibility for the women's competition is subject to TR3.5 of the WA/UKA Rulebook."

We ask, please, that every athlete is aware of the above rules.

Presentations

Presentations will take place, in the finish area, as soon as possible after each event has been completed and results verified.

Anti-Doping rules

An entrant shall be deemed to have made him/herself/themselves 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 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

Website <http://www.lraa.org.uk>

Provisional Timetable

Saturday 10th May - Track Events

	Event	Age Group
1100	Sprint Hurdles	All
1145	200m Heats	As required
1220	75m	U11
1310	600m	U11
1330	200m Finals	U13 & U15
1410	800m Finals	U13 & above
1530	200m Finals	U17 & above
1615	5000m Finals	U17 & above

Sunday 11th May - Track Events

	Event	Age Group
1100	400H	U20 & Senior

1110	300H	U17 Women
1120	300m	U15 & U17
1145	100m Heats	U13 & above
1215	75m	U11
1235	400m Finals	U17 & above
1330	100m Finals	U13 & U15
1410	1200m	U11
1420	1500m Finals	U13 & above
1550	100m Finals	U17 & above

Saturday 10th May - Field Events

1100	Discus - U20	U20 & above
1100	Long Jump	U11 Boys U13 & U15 Boys & Girls
1130	Shot Putt	U13 & U15 Girls
1215	High Jump	U13 Boys
1215	Long Jump	U17 Boys & Girls
1300	Discus	U15 Boys U17 & Above
1315	Long Jump	Women U17 & Above
1315	Shot Putt	Women U17 & Above
1430	High Jump	U17 & Above Men
1430	Long Jump	Men & Women
1430	Pole Vault	U17 & Older Men
1430	Shot Putt	

Sunday 11th May - Field Events

1030	Long Jump	U13 Girls
1030	Hammer	All Age Groups
1115	Long Jump	U11 Girls
1130	High Jump	Men
1215	Javelin	All Women
1300	Triple Jump	All Age Groups
1400	Javelin	Men
1445	Long Jump	U15 Girls
1545	Long Jump	U17 & above Women