



The Hampshire Athletics Track & Field, Walks, Multi-Events and QuadKids Championships 2023 take place over three days during May:

May Day Bank Holiday 1 May:

Hampshire Athletics Walks Championships*
Hampshire Athletics Multi-Events Championships
Hampshire Athletics QuadKids Championships
May Day Miles and 3000 metres*

** Please note that the Walks, Miles and 3000 metres are **OPEN events**, i.e. non-Hampshire athletes are welcome to enter, though they won't be eligible for Hampshire trophies in the Walks.*

Saturday 13 and Sunday 14 May:

Hampshire Athletics Track & Field Championships

On the following pages you will find:

Conditions of entry

Entry form that you can use to enter any of the above events

Please note, we prefer you to enter online but the postal facility is offered for anyone who doesn't wish to do so.

Provisional May Day Event Timetable

Provisional Track & Field Championships Event Timetable

*All times shown are provisional and are to help you to plan entries.
The actual times (but not the day) may be changed depending on the numbers entering.*

Championship Secretary: Stuart Horsewood
email: stuarthorsewood@hotmail.com

You can also enter online at
www.hampshireathletics.org.uk/enter

Conditions of Entry

under UKA rules

1 Hampshire Qualification

All Championship entrants must have Hampshire qualification: a. birth or b. nine months continuous residence or H.M. Forces service prior to the Championships in Hampshire, the Isle of Wight or Channel Islands; and must not have competed for another county or in another county's championships during the current Competition Year. All athletes must be registered with England Athletics (refer to website for additional information).

2 CLUB OR APPROVED REPRESENTATIVE VESTS MUST BE WORN.

FOR HEALTH AND SAFETY REASONS, HEADPHONES MUST NOT BE WORN IN THE ARENA.

3 Age Group Qualifying Dates

Age Group	Must be born between	Limitation of events
U10B U10G	1 Sep 2013 - 31 Aug 2014	Applies to QuadKids Championships only
U11B U11G	1 Sep 2012 - 31 Aug 2013	
U13B U13G	1 Sep 2010 - 31 Aug 2012	U13, U15 and U17 athletes must not compete in more than three individual events in any one day.
U15B U15G	1 Sep 2008 - 31 Aug 2010	
U17M U17W	1 Sep 2006 - 31 Aug 2008	For U20 athletes the maximum is five .
U20M U20W	1 Jan 2004 - 31 Aug 2006	
SM SW	on or before 31 Dec 2003	There is no limit for senior athletes.

4 Track & Field Championships

4.1 Athletes may only enter in one age group throughout the Championships.

4.2 Veteran athletes must use Senior weight implements.

4.3 **Any athlete who fails to take part in a subsequent round of any event after qualifying may not take part in ANY further events in the Championships.**

5 Walks Championships

5.1 For Hampshire athletes, entries for the Walks are treated as a Track & Field Championship event for entry fee purposes.

5.2 Non-Hampshire athletes are welcome to enter, though they won't be eligible for trophies.

6 Multi-Events Championships

6.1 This is a combined event competition in which each athlete is expected to compete in all five events.

6.2 The Family Trophy, donated by Alan Cropp, is awarded to two or more athletes from the same family who achieve the highest aggregate number of points. Please indicate on each of your entry forms if you wish to enter this competition.

7 QuadKids Championships

7.1 QuadKids Championships are for children born between 1 September 2012 and 31 August 2014, and are recommended by UK Athletics for this age group.

7.2 The young athletes compete in four events: long jump, vortex howler throw, 75 metres sprint, 600 metres run and are awarded points from scoring tables. Final placings are decided by the total points, with separate awards for Under 10s and Under 11s.

8 May Day Miles and 3000 metres

8.1 To enter the Mile, athletes must be in the Under 13 age group or older, i.e. born on or before 31 August 2012.

8.2 To enter the 3000 metres, athletes must be in the Under 15 age group or older, i.e. born on or before 31 August 2010.

8.3 These are open races, and we welcome entries from non-Hampshire athletes.

9 UKA Anti-Doping Policy

9.1 "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."

9.2 "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."

10 Submitting postal entries

Send the entry form and your total entry fee for events to:

Richard Dean, Flat 4 Hazeldene, 2 York Road, BROADSTONE, Dorset, BH18 8ET

by **FRIDAY 28 APRIL**. Late entries will only be considered in exceptional circumstances, and no entries will be accepted on either day of the championships.

We will however be accepting entries for the May Day Miles and May Day 3000 metres on the day.

under UKA rules

Surname

[illegible]

Forename

[illegible]

Club

[illegible]

Date of Birth

DAY MONTH YEAR

Age Group

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England Athletics Registration Number*

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*not required for QuadKids entries

Hampshire Qualification (tick any which applies) Birth:

Residence: ☐

Full Postal Address

[illegible]

Telephone No.

[illegible]

email

actual case

	Event No.	Name of event	P.B. gained in the last three (vets: two) years	Entry fee
First event				£12
Second event				£6
Third event				£6
Fourth event				£6
Fifth event				£6

Tick this box to enter:		£15
Family Trophy: Please tick this box if you are entering this competition:		

Athletes who aren't members of Hampshire-affiliated clubs must pay a £2 supplement	£2
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Tick this box to enter:		£10
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EVENT <small>(delete as applicable)</small>	MILE	3000 METRES	£5 per event
Prev. Best:	: .	Est. Time:	:

Make cheques payable to:
Hampshire Athletics

Total entry fee:

I declare that I am qualified to compete in the Hampshire Championships.

Signature..... **Date**.....

To be signed by competing athlete or parent/guardian

You agree that we may publish your personal Information as part of the results of the championships 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, performances and age category.

Provisional May Day Event Timetable

Please note that, in the light of the numbers of athletes entering, a few changes may be made to the start times or the sequence of events.

Time	MEN and BOYS				WOMEN and GIRLS				QUADKIDS	
	U13B	U15B	U17M	U20M & SM	U13G	U15G	U17W	U20W & SW	Boys	Girls
09.15	Shot				HJ	LJ				
09.30		80mH								
09.40							80mH			
09.50								100mH		
10.00			100mH	LJ					LJ (U10)	
10.15	75mH									VHT (U10)
10.30		Shot				75mH			LJ (U11)	
10.40					70mH					
10.45										VHT (U11)
11.00	2000mW		3000mW		2000mW		3000mW			
11.00							Shot	Shot		
11.15			Shot							
11.30	HJ									
11.45	MAY DAY MILE									
11.45				Javelin						
12.00					LJ	Shot				
12.10									75m	
12.15		LJ	LJ							
12.25										75m
12.30							HJ	HJ		
13.00				200m						
13.00	MAY DAY 3000 metres									
13:15		HJ	HJ						VHT (U10)	
13.30										LJ (U10)
13.45									VHT (U11)	LJ (U11)
14.30	LJ				Shot					
14.45						HJ				
15.05							LJ	LJ		
15.20				Discus					600m	
15.35										600m
16.00	800m*									
16.05		800m*								
16.10			1500m*							
16.20				1500m*						
16.30								800m*		
16.35							800m*			
16.40					800m*					
16.45						800m*				

* These events may be brought forward depending on times at which preceding events finish. Please listen for announcements.



All times shown are provisional and are to help you to plan entries. The actual times (but not the day) may be changed depending on the numbers entering. The starting heights for High Jump and Pole Vault are shown for each age group. Subsequent progression will be 5cm for High Jump and 10cm for Pole Vault.

[illegible]