Hampshire Athletics CHAMPIONSHIP PROSPECTUS 2023

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

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 C	Group	Must be born between	Limitation of events
		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	
U15B	U15G	1 Sep 2008 - 31 Aug 2010	compete in more than three individual events in any one day.
U17M	U17W	1 Sep 2006 - 31 Aug 2008	events in any one day.
U20M	U20W	1 Jan 2004 - 31 Aug 2006	For U20 athletes the maximum is five.
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.

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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.

		MEN an	d BOYS		V	VOMEN a	QUADKIDS					
Time	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	2000)mW	3000)mW	2000	DmW	3000	DmW				
11.00							Shot	Shot				
11.15			Shot									
11.30	HJ											
11.45				MAY DA	AY 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			M	AY DAY 3	000 metr	es	1					
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.



Provisional Track & Field Championships Event Timetable

Write the event numbers and the names of those events you wish to enter, together with your best performances, on the entry form. 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.

crianged depending on the munices entering.	SENIOR MEN	Time Event Event No.	11.00 3000m Walk FINAL 90	NAL	10.00 Pole Vault (2.90m) — 92 10.20 200m HEATS 82	Discus	S00m HEATS	200m FINAL	lavelin	SUUM FINAL	09.30 Hammer - 97 - 97 10.00 Hich Limp /1 40m - 91	EATS		110m Hurdles		15.45 1500m FINAL 85 16.00 100m FINAL	SENIOR WOMEN	Time Event Vo.	11 00 3000m Walk FINAL 190		09.30 Hammer — 197 10.00 High Jump <i>(1.30m)</i> — 191	100m Hurdles FINAL	Shot Trinle_lumn	100m FINAL	1500m FINAL	100m FINAL 7 14 MAY	10.00 400m Hurdles FINAL 189 10.00 Pole Vault <i>(1.60m)</i> — 192	Long Jump – – – – – – – – – – – – – – – – – – –	Discus	0 3000m FINAL 0 200m FINAL	15.45 Javelin — 198 16.15 800m FINAL 184		(Last amended 04/04/2023)
Subsequent progression will be 5cm for High Jump and 10cm for Pole Vault	UNDER 20 MEN	Event No.	11.00 3000m Walk FINAL 70	FINAL 69	Pole Vault (2.90m) — 72 200m HEATS 62	3000m FINAL 66	73	800m HEATS 64 200m FINAL	Javelin 78	BUUM FINAL	(1 40m) — 71 71 — 71	400m HEATS 63		Triple Jump - 74	Schase	15.45 1500m FINAL 65 16.00 100m FINAL	UNDER 20 WOMEN	Time Event Event No.	FINAI 170	RDAY 13 MAY	Hammer — 177 High Jump (1.30m) — 171	100m Hurdles FINAL 168	Trinle Iumo - 175	FINAL 163	1500m EINAL 165	100m FINAL — AY 14 MAY	400m Hurdles FINAL Pole Vault (1.60m) —	Long Jump	Discus	.00 3000m FINAL .40 200m FINAL	15.45 Javelin — 178 16.15 800m FINAL 164		
are shown for each age group. Subseq	UNDER 17 MEN	Event No.	/alk FINAL 50	s FINAL 49	0.00 Pole Vault (2.90m) — 52 0.00 Long Jump — 53	200m HEATS		800m HEATS .lavelin –	200m FINAL	BUUM AY 14 MAY	19.30 Hammer	400m HEATS 4	100m HEATS	Shot — 5 100m Hurdles FINAL 4	1 riple Jump 1500m S'chase	FINAL	UNDER 17 WC	Time Event Event No.	UNDAT 1 MAT 1 00 3000m Walk FINAL 150	RDAY 13 MAY	Hammer — — — High Jump <i>(1.30m)</i> —	100m HEATS	80m Hurdles HEATS	Triple Jump	100m SEMI-FINALS	1500m S'chase 1500m	16.20 80m Hurdles FINAL 16.50 100m FINAL	AY 14 MAY Dole Vault	300m Hurdles FINAL	200m HEATS 800m HEATS	1.30 Long Jump — 153 2.25 200m SEMI-FINALS± —	FINAL	0.45 Javelin - 158 5.15 800m FINAL - 156 5.15 Discus - 156
The starting heights for High Jump and Pole Vault a	UNDER 15 BOYS	Event No.	11.00 2000m Walk FINAL 30 1	33 33 	ATS 22 1	800m* HEATS 24 1	FINAL 20	Discus — 36 1 800m* FINAI — 1	AY 14 MAY	Hammer	1500m HEATS 25 0 100m HEATS 21 1	lump (1.10m) — 31	80m Hurdles FINAL 28	Triple Jump FINAL - 34 1	40 300m FINAL 00 100m FINAL		UNDER 15 GIRLS	Time Event Event No. Tr	FINAL 130	AY 13 MAY	— 137 (HEATS 123 (Iple Jump 134 [0m HEATS 121 2	00m HEATS 125	im Hurdles HEATS 128	00 SEMI-FINALS	inot	00m FINAL – 1 500m FINAL – 1	14 MAY		200m HEATS 122 1 Javelin - 138 1	800m HEATS 124 1 200m SEMI-FINALS± 1	EINAL 136	800m FINAL
ALEXY ALEXY The starting	UNDER 13 BOYS	Event No.	alk FINAL 10	1	ATS ATS	Javelin 18	Long Jump - 13	Discus — 16	100m HEATS 1	1500m* FINAL 5	800m* FINAL — Hich lump (1 10m) — 11			* PLEASE NOTE Under 13 athletes may not compete		same day. U15B athletes may not compete in both 800m .	UNDER 13 GIRLS	Event No.			i* HEATS 104 in 118	100m HEATS 101	70m Hurdles HEATS 108 100m SEMI-FINALS+	High Jump (1.05m) — 111	100m FINAL	AY 14 MAY 200m HEATS 102	MI-FINALS [‡] — 113 — 113	1500m* FINAL 105	800m* FINAL	200m	<u>, </u>	‡ Semi-finals will only be scheduled	IT 4 or more neats are required.