



# Hampshire Athletics

# TRACK & FIELD

# Championships 2019

## Entry form under UKA rules

### Saturday 11 May and Sunday 12 May 2019\*

### Mountbatten Centre, Portsmouth

1. All 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
U13B U13G	1 Sep 2006 - 31 Aug 2008	U13, U15 and U17 athletes must not compete in more than <b>three</b> individual events in any one day.
U15B U15G	1 Sep 2004 - 31 Aug 2006	
U17M U17W	1 Sep 2002 - 31 Aug 2004	
U20M U20W	1 Jan 2000 - 31 Aug 2002	For U20 athletes the maximum is <b>five</b> .
SM SW	on or before 31 Dec 1999	There is no limit for senior athletes.

**NOTE: Athletes may only enter in one age group throughout the championships. Veteran athletes must use Senior weight implements in the Championships. 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.**

4. From the **Provisional Timetable** choose the events in which you wish to compete, and write their numbers and names in the spaces provided on the entry form. Please enter your **best performance** to assist in seeding of races. The final timetable will be published on [www.hampshireathletics.org.uk](http://www.hampshireathletics.org.uk) one week before the championships.  
\* All Walks events will take place on Monday 6 May.

5. Detach the entry form and send it with your total entry fee for events to:  
**Richard Dean, Flat 4 Hazeldene, 2 York Road, BROADSTONE, Dorset, BH18 8ET**  
by **FRIDAY 26 APRIL**. Late entries will only be considered in exceptional circumstances, and no entries will be accepted on either day of the championships.

**Championship Secretary: Stuart Horsewood**  
email: [stuarthorsewood@hotmail.com](mailto:stuarthorsewood@hotmail.com)

You can also enter online at  
[www.hampshireathletics.org.uk/enter](http://www.hampshireathletics.org.uk/enter)

## HAMPSHIRE ATHLETICS TRACK & FIELD CHAMPIONSHIPS

### ENTRY FORM - USE CAPITAL LETTERS PLEASE

Surname

Forename  M/F

Club

Date of Birth  DAY -  MONTH -  YEAR Age Group

England Athletics Registration Number

Hampshire Qualification (tick any which applies) Birth:  Residence:

Full Postal Address   
  
  
 Postcode

Telephone No.

email   
actual case

Event No.	Name of Event	P.B. gained in the last three (vets: two) years	Entry fee (there is no need to send an SAE with your entry):
<input type="text"/>	<input type="text"/>	<input type="text"/>	One event: £10
<input type="text"/>	<input type="text"/>	<input type="text"/>	Two events: £14
<input type="text"/>	<input type="text"/>	<input type="text"/>	Three events: £18
<input type="text"/>	<input type="text"/>	<input type="text"/>	Additional events: £4 each
			<b>Make cheques payable to: Hampshire Athletics</b>
			<b>Total entry fee enclosed £.....</b>

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 Timetable

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

UNDER 13 BOYS				UNDER 15 BOYS				UNDER 17 MEN				UNDER 20 MEN				SENIOR MEN			
Time	Event	Event No.		Time	Event	Event No.		Time	Event	Event No.		Time	Event	Event No.		Time	Event	Event No.	
<b>MONDAY 6 MAY</b>				<b>MONDAY 6 MAY</b>				<b>MONDAY 6 MAY</b>				<b>MONDAY 6 MAY</b>				<b>MONDAY 6 MAY</b>			
11.00	2000m Walk	FINAL	10	11.00	2000m Walk	FINAL	30	11.00	3000m Walk	FINAL	50	11.00	3000m Walk	FINAL	70	11.00	3000m Walk	FINAL	90
<b>SATURDAY 11 MAY</b>				<b>SATURDAY 11 MAY</b>				<b>SATURDAY 11 MAY</b>				<b>SATURDAY 11 MAY</b>				<b>SATURDAY 11 MAY</b>			
11.20	200m	HEATS	2	11.00	Long Jump	—	33	10.00†	400m Hurdles	HEATS	49	10.00†	400m Hurdles	HEATS	69	10.00†	400m Hurdles	HEATS	89
12.30	Long Jump	—	13	11.20	200m	HEATS	22	10.00	Pole Vault (2.90m)	—	52	10.00	Pole Vault (2.90m)	—	72	10.00	Pole Vault (2.90m)	—	92
12.50	200m SEMI-FINALS‡	—	—	12.50	200m SEMI-FINALS‡	—	—	10.00	Long Jump	—	53	11.20	200m	HEATS	62	11.20	200m	HEATS	82
13.00	Javelin	—	18	13.00	3000m*	FINAL	26	11.20	200m	HEATS	42	12.30†	400m Hurdles	FINAL	—	12.30†	400m Hurdles	FINAL	—
14.00	800m*	HEATS	4	14.40	800m*	HEATS	24	12.30†	400m Hurdles	FINAL	—	13.25	800m	HEATS	64	13.25	800m	HEATS	84
15.10	200m	FINAL	—	15.10	200m	FINAL	—	12.50	200m SEMI-FINALS‡	—	—	14.30	Discus	—	76	14.30	Discus	—	96
15.45	Discus	—	16	15.45	Discus	—	36	13.00	Discus	—	56	15.10	200m	FINAL	—	15.10	200m	FINAL	—
16.00	1500m*	HEATS	5	17.30	800m*	FINAL	—	13.25	800m	HEATS	44	16.00	Javelin	—	78	16.00	Javelin	—	98
<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>			
10.00	Pole Vault (1.60m)	—	12	10.00	Pole Vault (1.60m)	—	32	15.10	200m	FINAL	—	16.10	800m	FINAL	—	16.10	800m	FINAL	—
10.15	100m	HEATS	1	10.15	100m	HEATS	21	16.00	Javelin	—	58	16.30	Long Jump	—	73	16.30	Long Jump	—	93
12.50	100m SEMI-FINALS‡	—	—	10.30	Hammer	—	37	16.10	800m	FINAL	—	16.40	3000m	FINAL	66	16.55	5000m	FINAL	86
13.00	75m Hurdles	HEATS	8	11.00	Triple Jump	—	34	16.40	3000m	FINAL	46	<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>			
14.25	100m	FINAL	—	11.55	300m	HEATS	23	10.15	100m	HEATS	41	09.30	Hammer	—	77	09.30	Hammer	—	97
14.30	High Jump (1.10m)	—	11	12.15	Javelin	—	38	10.30	Hammer	—	57	10.15	100m	HEATS	61	10.15	100m	HEATS	81
14.30	Shot	—	15	12.15	100m SEMI-FINALS‡	—	—	10.45	High Jump (1.40m)	—	51	10.45	High Jump (1.40m)	—	71	10.45	High Jump (1.40m)	—	91
16.00	1500m*	FINAL	—	13.10	80m Hurdles	HEATS	28	12.10	400m	HEATS	43	12.10	400m	HEATS	63	12.10	400m	HEATS	83
16.30	75m Hurdles	FINAL	—	14.10	1500m	HEATS	25	12.45	Shot	—	55	12.45	Shot	—	75	12.45	Shot	—	95
16.40	800m*	FINAL	—	14.25	100m	FINAL	—	12.50	100m SEMI-FINALS‡	—	—	13.30	110m Hurdles	HEATS	68	13.30	110m Hurdles	HEATS	88
<p><b>* PLEASE NOTE</b> Under 13 athletes may not compete in 800m and 1500m races on the same day. U15B athletes may not compete in both 800m and 3000m.</p>				14.30	High Jump (1.10m)	—	31	13.20	100m Hurdles	HEATS	48	14.10	1500m	HEATS	65	14.10	1500m	HEATS	85
				15.50	300m	FINAL	—	14.10	1500m	HEATS	45	14.30	100m	FINAL	—	14.25	100m	FINAL	—
				16.00	Shot	—	35	14.25	100m	FINAL	—	14.45	Triple Jump	—	74	14.45	Triple Jump	—	94
				16.10	1500m	FINAL	—	14.45	1500m S'chase	FINAL	47	14.55	2000m S'chase	FINAL	67	15.05	3000m S'chase	FINAL	87
				16.30	80m Hurdles	FINAL	—	15.55	400m	FINAL	—	15.55	400m	FINAL	—	15.55	400m	FINAL	—
								16.10	1500m	FINAL	—	16.10	1500m	FINAL	—	16.10	1500m	FINAL	—
				16.30	100m Hurdles	FINAL	—	16.30	110m Hurdles	FINAL	—	16.30	110m Hurdles	FINAL	—	16.30	110m Hurdles	FINAL	—
<b>UNDER 13 GIRLS</b>				<b>UNDER 15 GIRLS</b>				<b>UNDER 17 WOMEN</b>				<b>UNDER 20 WOMEN</b>				<b>SENIOR WOMEN</b>			
Time	Event	Event No.		Time	Event	Event No.		Time	Event	Event No.		Time	Event	Event No.		Time	Event	Event No.	
<b>MONDAY 6 MAY</b>				<b>MONDAY 6 MAY</b>				<b>MONDAY 6 MAY</b>				<b>MONDAY 6 MAY</b>				<b>MONDAY 6 MAY</b>			
11.00	2000m Walk	FINAL	110	11.00	2000m Walk	FINAL	130	11.00	3000m Walk	FINAL	150	11.00	3000m Walk	FINAL	170	11.00	3000m Walk	FINAL	190
<b>SATURDAY 11 MAY</b>				<b>SATURDAY 11 MAY</b>				<b>SATURDAY 11 MAY</b>				<b>SATURDAY 11 MAY</b>				<b>SATURDAY 11 MAY</b>			
10.20	100m	HEATS	101	10.20	100m	HEATS	121	10.20	100m	HEATS	141	10.00	Hammer	—	177	10.00	Hammer	—	197
11.00	Javelin	—	118	11.30	Triple Jump	—	134	11.00	High Jump (1.30m)	—	151	10.20	100m	HEATS	161	10.20	100m	HEATS	181
11.10	800m*	HEATS	104	11.30	Hammer	—	137	11.30	Hammer	—	157	11.00	High Jump (1.30m)	—	171	11.00	High Jump (1.30m)	—	191
12.35	100m SEMI-FINALS‡	—	—	12.05	300m	HEATS	123	12.05	300m	HEATS	143	12.20	400m	HEATS	163	12.20	400m	HEATS	183
14.15	70m Hurdles	HEATS	108	12.35	100m SEMI-FINALS‡	—	—	12.35	100m SEMI-FINALS‡	—	—	13.20	100m Hurdles	HEATS	168	13.20	100m Hurdles	HEATS	188
15.30	High Jump (1.05m)	—	111	13.15	High Jump (1.05m)	—	131	13.50	80m Hurdles	HEATS	148	14.15	Shot	—	175	14.15	Shot	—	195
15.40	100m	FINAL	—	13.35	1500m	HEATS	125	14.15	Shot	—	155	14.20	1500m	HEATS	165	14.20	1500m	HEATS	185
16.00	1500m*	HEATS	105	13.55	75m Hurdles	HEATS	128	14.20	1500m	HEATS	145	14.45	Triple Jump	—	174	14.45	Triple Jump	—	194
16.20	70m Hurdles	FINAL	—	15.00	300m	FINAL	—	14.45	Triple Jump	—	154	14.50	400m	FINAL	—	14.50	400m	FINAL	—
16.30	Shot	—	115	15.40	100m	FINAL	—	15.00	300m	FINAL	—	15.25	1500m S'chase	FINAL	167	15.25	1500m S'chase	FINAL	187
<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>			
11.10	200m	HEATS	102	15.45	Shot	—	135	15.25	1500m S'chase	FINAL	147	15.40	100m	FINAL	—	15.40	100m	FINAL	—
12.00	Long Jump	—	113	16.25	75m Hurdles	FINAL	—	15.40	100m	FINAL	—	16.35	100m Hurdles	FINAL	—	16.35	100m Hurdles	FINAL	—
13.50	200m SEMI-FINALS‡	—	—	17.20	1500m	FINAL	—	16.30	80m Hurdles	FINAL	—	17.20	1500m	FINAL	—	17.20	1500m	FINAL	—
15.20	200m	FINAL	—	<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>				<b>SUNDAY 12 MAY</b>			
15.45	Discus	—	116	09.30	Long Jump	—	133	09.30	Long Jump	—	153	10.00†	400m Hurdles	HEATS	169	10.00†	400m Hurdles	HEATS	189
16.00	1500m*	FINAL	—	10.00	Pole Vault (1.60m)	—	132	10.00	Pole Vault (1.60m)	—	152	10.00	Pole Vault (1.60m)	—	172	10.00	Pole Vault (1.60m)	—	192
16.40	800m*	FINAL	—	10.30	Javelin	—	138	10.05†	300m Hurdles	HEATS	149	10.55	3000m	FINAL	166	10.55	3000m	FINAL	186
<p>† NOTE: If heats are not required in the 300/400m HURDLES events, the finals will be scheduled at 10.00.</p>				11.10	200m	HEATS	122	10.55	3000m	FINAL	146	11.10	200m	HEATS	162	11.10	200m	HEATS	182
				12.35	800m	HEATS	124	11.10	200m	HEATS	142	11.30	Discus	—	176	11.30	Discus	—	196
				13.50	200m SEMI-FINALS‡	—	—	12.30†	300m Hurdles	FINAL	—	12.30†	400m Hurdles	FINAL	—	12.30†	400m Hurdles	FINAL	—
				14.00	Discus	—	136	12.35	800m	HEATS	144	12.35	800m	HEATS	164	12.35	800m	HEATS	184
				15.20	200m	FINAL	—	12.45	Discus	—	156	13.30	Long Jump	—	173	13.30	Long Jump	—	193
				16.40	800m	FINAL	—	13.50	200m SEMI-FINALS‡	—	—	15.20	200m	FINAL	—	15.20	200m	FINAL	—
<p>‡ Semi-finals will only be scheduled if 4 or more heats are required.</p>				14.15	Javelin	—	158	15.45	Javelin	—	178	15.45	Javelin	—	198				
				15.20	200m	FINAL	—	16.40	800m	FINAL	—	16.40	800m	FINAL	—	16.40	800m	FINAL	—