

## Middlesex Track and Field Championships

Lee Valley Athletics Centre – Sat/Sun 11<sup>th</sup>-12<sup>th</sup> May 2023

Notes for Competing Athletes – Please read carefully – It concerns you!

### Registration

Athletes should report to Athlete Registration at least one hour before their event. **(75 minutes for Pole Vault)**

Numbers should be worn front and back as issued, except for the High Jump, Long Jump, Triple Jump and Pole Vault. Please bring your own pins.

EA Affiliated Club or representative vests must be worn, or clothing acceptable, under UKA rule T5 S1. Unattached School Athletes should wear their school sports vest.

Athletes who have entered more than one track event must ensure that they confirm their intention to compete in each event to Athlete Registration at least one hour before each of their events. This is most important for seeding purposes.

If you are competing on both days you must keep your number and report to registration again on Sunday.

If you need to withdraw after qualifying for a 2nd round or final, you must inform the referee for that event and you then will NOT be able to compete again during these championships as per UKA rule 4.4.2.

### Your Event

There is no call rooms at the championship, it is the athletes responsibility to arrive at the start of their event in good time. Track Athletes should report to the starting area for their race and field athletes to the Field Official in charge of their event.

- High Jump, Long Jump and Pole Vault: Normal rules apply
- Triple Jump: (Minimum Take Off Boards will be: SM 11m/13m, U20M 9m/11m, SW, U20W, U17M, U17W, U15G, U15B 7m/9m)
- Shot, Javelin, Hammer, Discus, Long Jump & Triple Jump: Each competitor has three trials with the top eight having an additional 3 trials.
- If insufficient athletes report in Track events, the finals will go at the heat times;
- Stadium starting blocks only may be used.
- Due to the new UKA results the U13 and U15 Boys and Girls 800m and 1500m competitions will be run as time trials unless registered athletes on the day permit the races to be run as straight finals.

### Presentations

It is intended that Medals will be presented to athletes as soon as possible after each event.

Potential medallists should therefore report to the presentation area at the end of the 100m straight immediately after their event. Track medal presentations will only take place after the Track Referee and Photofinish have agreed and published the results. Field event medallist will either be escorted or directed to make their own way to the presentation area after their event.

Ample car parking is available free of charge at the stadium.

There is limited public catering available at the track. There may be some catering available at the nearby Cinema Complex.

### **Travel**

The nearest railway station is Ponders Lane Station (Great Anglia/Overground) approximately 15 minutes walk. An alternative route is to get the Underground to Tottenham Hale and then take the 192 Bus and walk from Granville Avenue (35 mins). The W8 Bus also serves the athletics centre.

Information on how to reach the Lee Valley Athletics Centre can be obtained from the Lee Valley Regional Park's website – [www.leevalleypark.org.uk](http://www.leevalleypark.org.uk) 0208 344 7230

Please note Tottenham Hotspur FC are at playing home at 3.00 pm on Saturday 11<sup>th</sup> May so please allow for any extra congestion on the North Circular Road.

### **Further Information**

#### **Middlesex AA Championship Secretary:-**

Contact: Simon Baker 07951 887385 [simonbaker76@gmail.com](mailto:simonbaker76@gmail.com)

#### **Terms and conditions:**

As a competitor you declare that you are eligible to compete in the County Championship as indicated in the prospectus

All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA AntiDoping 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 entry, whether or not the entrant is a citizen of, or resident in, the UK.

## TIMETABLE

### DAY 1 TRACK PROGRAM

Event No	Event Name	Age Group	Time	H/S/F		
T01	70 M HURDLES (68.5)	U13 GIRLS	10:00	FINAL		
T02	75 M HURDLES (76.2)	U15 GIRLS	10:10	FINAL		
T03	75 M HURDLES (76.2)	U13 BOYS	10:20	FINAL		
T04	80 M HURDLES (76.2)	U17 WOMEN	10:30	FINAL		
T05	80 M HURDLES (83.8)	U15 BOYS	10:40	FINAL		
T06	100 M HURDLES (83.8)	U20 WOMEN	10:50	FINAL		
T07	100 M HURDLES (91.4)	U17 MEN	11:00	FINAL		
T08	110 M HURDLES (99.1)	U20 MEN	11:15	FINAL		
T09	110 M HURDLES (106.7)	SENIOR MEN	11:15	FINAL		
T10	100 METRES	U13 BOYS	11:30	FINAL		
T11	100 METRES	U15 GIRLS	11:35	HEATS	TO T21	
T12	100 METRES	U15 BOYS	11:45	HEATS	TO T22	
T13	100 METRES	SENIOR MEN	11:55	HEATS	TO T28	
T14	100 METRES	U17 WOMEN	12:10	HEATS	TO T23	
T15	100 METRES	U13 GIRLS	12:20	HEATS	TO T20	
T16	100 METRES	U17 MEN	12:30	HEATS	TO T24	
T17	100 METRES	U20 WOMEN	12:45	HEATS	TO T25	
T18	100 METRES	U20 MEN	12:55	HEATS	TO T27	
T19	100 METRES	SENIOR WOMEN	13:05	HEATS	TO T27	
	30 mins	LUNCH BREAK				
T20	100 METRES	U13 GIRLS	13:40	FINAL		FROM T15
T21	100 METRES	U15 GIRLS	13:45	FINAL		FROM T11-
T22	100 METRES	U15 BOYS	13:50	FINAL		FROM T12
T23	100 METRES	U17 WOMEN	14:00	FINAL		FROM T14
T24	100 METRES	U17 MEN	14:05	FINAL		FROM T16
T25	100 METRES	U20 WOMEN	14:15	FINAL		FROM T17
T26	100 METRES	U20 MEN	14:20	FINAL		FROM T18
T27	100 METRES	SENIOR WOMEN	14:30	FINAL		FROM T19
T28	100 METRES	SENIOR MEN	14:35	FINAL		FROM T13
T29	300 METRES	U15 GIRLS	14:50	FINAL		
T30	300 METRES	U15 BOYS	14:50	FINAL		
T31	300 METRES	U17 WOMEN	14:55	FINAL		
T32	400 METRES	U17 MEN	15:10	HEATS	TO T48	
T33	400 METRES	SENIOR MEN	15:20	HEATS	TO T49	
T34/T35	1500 METRES	U15 BOYS	15:35	FINAL		
T36	1500 METRES	U13 GIRLS	15:50	FINAL		
T37	1500 METRES	U13 BOYS	16:00	FINAL		
T38/T39	1500 METRES	U15 GIRLS	16:10	FINAL		
T40	1500 METRES	U17 WOMEN	16:25	FINAL		
T41	1500 METRES	U20 WOMEN	16:35	FINAL		
T42	1500 METRES	SENIOR WOMEN	16:35	FINAL		

T43	1500 METRES	U17 MEN	16:45	FINAL		
T44	1500 METRES	U20 MEN	16:55	FINAL		
T45	1500 METRES	SENIOR MEN	17:05	FINAL		
T46	400 METRES	U20 WOMEN	17:20	FINAL		
T46	400 METRES	SENIOR WOMEN	17:30	FINAL		
T47	400 METRES	U20 MEN	17:40	FINAL		
T48	400 METRES	U17 MEN	17:50	FINAL		
T49	400 METRES	SENIOR MEN	18:00	FINAL		

### DAY 1 FIELD PROGRAM

Event No	Age Group	Event Name	Time	
F01	U13G	HIGH JUMP	10:30	
F02	U15G	HIGH JUMP	10:30	
F03	U17G	HIGH JUMP	10:30	
F04	U20W	HIGH JUMP	10:30	
F05	SW	HIGH JUMP	10:30	
F06	U13B	SHOT	10:30	
F07	U15B	SHOT	10:30	
F08	U17M	SHOT	10:30	
F09	U20M	SHOT	10:30	
F10	SM	SHOT	10:30	
F11	U15B	TRIPLE JUMP	12:00	
F12	U17M	TRIPLE JUMP	12:00	
F13	U20M	TRIPLE JUMP	12:00	
F14	SENIOR MEN	TRIPLE JUMP	12:00	
F15	U15 BOYS	DISCUS	12:30	
F16	U17 MEN	DISCUS	12:30	
F17	SENIOR MEN	DISCUS	12:30	
F18	U13 GIRLS	SHOT	14:10	
F19	U15 GIRLS	SHOT	14:10	
F20	U17 WOMEN	SHOT	14:10	
F21	U20 WOMEN	SHOT	14:10	
F22	SENIOR WOMEN	SHOT	14:10	
F23	U15 GIRLS	TRIPLE JUMP	14:30	
F24	U17 WOMEN	TRIPLE JUMP	14:30	
F25	U20 WOMEN	TRIPLE JUMP	14:30	
F26	SENIOR WOMEN	TRIPLE JUMP	14:30	
F27	U15 BOYS	HIGH JUMP	15:30	
F28	U17 MEN	HIGH JUMP	15:30	
F29	U20 MEN	HIGH JUMP	15:30	
T30	SENIOR MEN	HIGH JUMP	15:30	
T31	U13 GIRLS	DISCUS	16:10	
T32	U15 GIRLS	DISCUS	16:10	
T33	U17 WOMEN	DISCUS	16:10	
T34	U20 WOMEN	DISCUS	16:10	
T35	SENIOR WOMEN	DISCUS	16:10	

## DAY 2 TRACK PROGRAM

Event No	Event Name	Age Group	Time	H/S/F		
T51	300 M HURDLES (76.2)	U17 WOMEN	10:00	FINAL		
T52	400 M HURDLES (76.2)	SENIOR WOMEN	10:20	FINAL		
T53	400 M HURDLES (83.1)	U17 MEN	10:20	FINAL		
T54	400 M HURDLES (91.4)	SENIOR MEN	10:30	FINAL		
T55	400 M HURDLES (91.4)	U20 MEN	10:30	FINAL		
T56	200 METRES	U13 BOYS	10:45	HEATS	TO T71	
T57	200 METRES	U15 BOYS	10:55	HEATS	TO T73	
T58	200 METRES	U17 WOMEN	11:05	HEATS	TO T74	
T59	200 METRES	U17 MEN	11:20	HEATS	TO T75	
T60	200 METRES	U20 WOMEN	11:30	HEATS	TO T76	
T61	200 METRES	U20 MEN	11:40	HEATS	TO T77	
T62	200 METRES	U13 GIRLS	11:50	HEATS	TO T70	
T63	200 METRES	U15 GIRLS	12:00	HEATS	TO T72	
T64	200 METRES	SENIOR WOMEN	12:15	FINAL		
T65	200 METRES	SENIOR MEN	12:25	HEATS	TO T78	
T66	3000 METRES	U15 GIRLS	12:40	FINAL		
T67	3000 METRES	U15 BOYS	12:40	FINAL		
T68	3000 METRES	U17 WOMEN	12:40	FINAL		
T69	3000 METRES	U17 MEN	12:40	FINAL		
	30 mins	LUNCH BREAK				
T70	200 METRES	U13 GIRLS	13:30	FINAL		FROM T62
T71	200 METRES	U13 BOYS	13:40	FINAL		FROM T56
T72	200 METRES	U15 GIRLS	13:45	FINAL		FROM T63
T73	200 METRES	U15 BOYS	13:55	FINAL		FROM T57
T74	200 METRES	U17 WOMEN	14:00	FINAL		FROM T58
T75	200 METRES	U17 MEN	14:10	FINAL		FROM T59
T76	200 METRES	U20 WOMEN	14:15	FINAL		FROM T60
T77	200 METRES	U20 MEN	14:25	FINAL		FROM T61
T78	200 METRES	SENIOR MEN	14:30	FINAL		FROM T65
T79	800 METRES	U17 WOMEN	14:45	HEATS	TO T93	
T80	800 METRES	U17 MEN	14:55	HEATS	TO T94	
T81/82	800 METRES	U13 GIRLS	15:05	FINAL		
T83/T84	800 METRES	U13 BOYS	15:20	FINAL		
T85/T86	800 METRES	U15 GIRLS	15:25	FINAL		
T87/T88	800 METRES	U15 BOYS	15:50	FINAL		
T89	800 METRES	U20 WOMEN	16:05	FINAL		
T90	800 METRES	U20 MEN	16:10	FINAL		
T91	800 METRES	SENIOR WOMEN	16:20	FINAL		
T92	800 METRES	SENIOR MEN	16:25	FINAL		
T93	800 METRES	U17 WOMEN	16:35	FINAL		FROM T79
T94	800 METRES	U20 MEN	16:40	FINAL		FROM T80
T95	5000 METRES	U20 MEN	16:55	FINAL		
T96	5000 METRES	SENIOR WOMEN	15:55	FINAL		

T97	5000 METRES	SENIOR MEN	15:55	FINAL		
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## DAY 2 FIELD PROGRAM

Event No	Age Group	Event Name	Time	
F36	U13 GIRLS	LONG JUMP	10:00	
F37	U15 GIRLS	LONG JUMP	10:00	
F38	U15 GIRLS	POLE VAULT	10:30	
F39	U17 WOMEN	POLE VAULT	10:30	
F40	SENIOR WOMEN	POLE VAULT	10:30	
F41	SENIOR MEN	POLE VAULT	10:30	
F42	U13 GIRLS	JAVELIN	12:00	
F43	U15 GIRLS	JAVELIN	12:00	
F44	U17 WOMEN	JAVELIN	12:00	
F45	U20 WOMEN	JAVELIN	12:00	
F46	SENIOR WOMEN	JAVELIN	12:00	
F47	U17 MEN	LONG JUMP	12:10	
F48	U20 MEN	LONG JUMP	12:10	
F49	SENIOR MEN	LONG JUMP	12:10	
	LUNCH BREAK	30 mins		
F50	U13 BOYS	LONG JUMP	14:30	
F51	U15 BOYS	LONG JUMP	14:30	
F52	U13 BOYS	JAVELIN	14:30	
F53	U15 BOYS	JAVELIN	14:30	
F54	U17 MEN	JAVELIN	14:30	
F55	U20 MEN	JAVELIN	14:30	
F56	SENIOR MEN	JAVELIN	14:30	
F57	U15 GIRLS	HAMMER	15:50	
F58	U17 WOMEN	HAMMER	15:50	
F59	SENIOR WOMEN	HAMMER	15:50	
F60	U15 BOYS	HAMMER	15:50	
F61	SENIOR MEN	HAMMER	15:50	
F62	U17 WOMEN	LONG JUMP	16:00	
F63	U20 WOMEN	LONG JUMP	16:00	
F64	SENIOR WOMEN	LONG JUMP	16:00	