

Middlesex Track and Field Championships

Lee Valley Athletics Centre – Sat 10th May - Sun 11th May 2025

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

This will also be posted on the Middlesex County website <https://middlesexaa.org.uk/>

The TIMETABLE is split into DAY1 (SATURDAY) TRACK events then FIELD events

followed by DAY2 (SUNDAY) TRACK events then FIELD events

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.

England Athletics Affiliated Club or representative vests must be worn. 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. Where there are heats in your event that means the time of HEATS in the timetable. Athletes will be advised of Qualification criteria for progression from heats to finals on the day.

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 room 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.

The championships will be streamed live on YouTube by Virtual Sports Media.

- 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.
- U17M Javelin - a new specification javelin was due to be introduced this year but that has

been delayed until 2026. This year athletes can use either the old or the new specification.

- If insufficient athletes report in Track events, the finals will go at the heat times.
- Stadium starting blocks only may be used.
- Due to UKA rules for younger age groups the U13 and U15 Boys and Girls 800m and 1500m competitions will be run as time trials where there are too many athletes for one race. These events appear in the timetable as FINAL RACE 1 and FINAL RACE 2. However, there is a possibility that might revert to one race depending on how many athletes actually register on the day. Where two races, the athletes will be seeded on SB and PB times (fastest athletes in same race). I will check the results of the league fixture at Perivale on 3rd May and update athletes 800m SB / PB where required.

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 –
<https://www.better.org.uk/leisure-centre/lee-valley/athletics-centre>

Please note that Tottenham Hotspur FC are at playing at home at 2:15 pm on Sunday 11th May so please allow for any extra congestion on the North Circular Road.

Further Information

Contact: John Husbands 07951 927724 email: husbandsj08@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 SATURDAY 10 MAY 2025

SATURDAY 11 MAY 2024 TIMETABLE - TRACK

Event No	Age Group	Event Name	Time	Round	Next	Previous
					Round	Round
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	10:35	FINAL		
T05	80 M HURDLES (83.8)	U15 BOYS	10:35	FINAL		
T06	100 M HURDLES (83.8)	U20 WOMEN	10:50	FINAL		
T07	100 M HURDLES (91.4)	U17 MEN	10:50	FINAL		
T08	110 M HURDLES (99.1)	U20 MEN	11:05	FINAL		
T09	110 M HURDLES (106.7)	SENIOR MEN	11:05	FINAL		
T10	100 METRES	U15 GIRLS	11:20	HEATS	TO T19	
T11	100 METRES	U17 WOMEN	11:35	HEATS	TO T20	
T12	100 METRES	SENIOR MEN	11:50	HEATS	TO T21	
T13	100 METRES	U13 GIRLS	12:05	HEATS	TO T24	
T14	100 METRES	U13 BOYS	12:15	HEATS	TO T25	
T15	100 METRES	U15 BOYS	12:25	HEATS	TO T26	
T16	100 METRES	U17 MEN	12:35	HEATS	TO T27	
T17	100 METRES	U20 WOMEN	12:45	HEATS	TO T28	
T18	100 METRES	U20 MEN	12:55	HEATS	TO T29	
T19	100 METRES	U15 GIRLS	13:05	SEMI FINALS	TO T30	FROM T10
T20	100 METRES	U17 WOMEN	13:15	SEMI FINALS	TO T31	FROM T11
T21	100 METRES	SENIOR MEN	13:25	SEMI FINALS	TO T33	FROM T12
T22	100 METRES	SENIOR WOMEN	13:35	HEATS	TO T32	
		LUNCH BREAK				
T23	1500 METRES	U17 MEN	14:10	HEATS	TO T47	
T24	100 METRES	U13 GIRLS	14:30	FINAL		FROM T13
T25	100 METRES	U13 BOYS	14:35	FINAL		FROM T14
T26	100 METRES	U15 BOYS	14:40	FINAL		FROM T15
T27	100 METRES	U17 MEN	14:45	FINAL		FROM T16
T28	100 METRES	U20 WOMEN	14:50	FINAL		FROM T17
T29	100 METRES	U20 MEN	15:00	FINAL		FROM T18

T30	100 METRES	U15 GIRLS	15:05	FINAL		FROM T19
T31	100 METRES	U17 WOMEN	15:10	FINAL		FROM T20
T32	100 METRES	SENIOR WOMEN	15:15	FINAL		FROM T22
T33	100 METRES	SENIOR MEN	15:20	FINAL		FROM T21
T34	400 METRES	SENIOR MEN	15:50	HEATS	TO T55	
T35	300 METRES	U15 GIRLS	15:30	HEATS	TO T50	
T36	300 METRES	U15 BOYS	15:35	FINAL		
T37	300 METRES	U17 WOMEN	15:40	FINAL		
T38	1500 METRES	U15 BOYS	16:00	FINAL RACE 1		
T39	1500 METRES	U15 BOYS	16:00	FINAL RACE 2		
T40	1500 METRES	U13 GIRLS	16:15	FINAL		
T41	1500 METRES	U13 BOYS	16:25	FINAL		
T42	1500 METRES	U15 GIRLS	16:35	FINAL RACE 1		
T43	1500 METRES	U15 GIRLS	16:35	FINAL RACE 2		
T44	1500 METRES	U17 WOMEN	16:45	FINAL		
T45	1500 METRES	U20 WOMEN	16:55	FINAL		
T46	1500 METRES	SENIOR WOMEN	16:55	FINAL		
T47	1500 METRES	U17 MEN	17:05	FINAL		FROM T23
T48	1500 METRES	U20 MEN	17:15	FINAL		
T49	1500 METRES	SENIOR MEN	17:15	FINAL		
T50	300 METRES	U15 GIRLS	17:20	FINAL		FROM T35
T51	400 METRES	U17 MEN	17:30	FINAL		
T52	400 METRES	U20 WOMEN	17:35	FINAL		
T53	400 METRES	SENIOR WOMEN	17:40	FINAL		
T54	400 METRES	U20 MEN	17:45	FINAL		
T55	400 METRES	SENIOR MEN	17:50	FINAL		FROM T34

DAY 1 FIELD PROGRAM SATURDAY 10 MAY 2025

Event No	Age Group	Event Name	Time
F01	U15 GIRLS	HIGH JUMP	10:50
F02	U17 WOMEN	HIGH JUMP	10:50
F03	SENIOR WOMEN	HIGH JUMP	10:50
F04	U13 BOYS	SHOT	11:00
F05	U15 BOYS	SHOT	11:00
F06	U17 MEN	SHOT	11:00
F07	U20 MEN	SHOT	11:00
F08	SENIOR MEN	SHOT	11:00
F09	U17 MEN	TRIPLE JUMP	12:30
F10	U20 MEN	TRIPLE JUMP	12:30
F11	SENIOR MEN	TRIPLE JUMP	12:30
F12	U17 MEN	DISCUS	12:40
F13	SENIOR MEN	DISCUS	12:40
		LUNCH BREAK	
F14	U13 GIRLS	SHOT	14:40
F15	U15 GIRLS	SHOT	14:40
F16	U17 WOMEN	SHOT	14:40
F17	U20 WOMEN	SHOT	14:40
F18	SENIOR WOMEN	SHOT	14:40
F19	U15 GIRLS	TRIPLE JUMP	14:40
F20	U17 WOMEN	TRIPLE JUMP	14:40
F21	SENIOR WOMEN	TRIPLE JUMP	14:40
F22	U13 BOYS	HIGH JUMP	16:20
F23	U15 BOYS	HIGH JUMP	16:20
F24	U17 MEN	HIGH JUMP	16:20
F25	U20 MEN	HIGH JUMP	16:20
F26	SENIOR MEN	HIGH JUMP	16:20
F27	U15 GIRLS	DISCUS	16:40
F28	U17 WOMEN	DISCUS	16:40
F29	U20 WOMEN	DISCUS	16:40
F30	SENIOR WOMEN	DISCUS	16:40

DAY 2 TRACK PROGRAM SUNDAY 11 MAY 2025

Event No	Age Group	Event Name	Time	Round	Next Round	Previous Round
T56	300 M HURDLES (76.2)	U17 WOMEN	10:45	FINAL		
T57	400 M HURDLES (76.2)	U20 WOMEN	11:00	FINAL		
T58	400 M HURDLES (83.8)	U17 MEN	11:20	FINAL		
T59	400 M HURDLES (91.4)	U20 MEN	11:20	FINAL		
T60	400 M HURDLES (91.4)	SENIOR MEN	11:20	FINAL		
T61	200 METRES	U15 GIRLS	11:30	HEATS	TO T73	
T62	200 METRES	U13 GIRLS	11:45	HEATS	TO T74	
T63	200 METRES	U13 BOYS	11:55	HEATS	TO T75	
T64	200 METRES	U15 BOYS	12:05	HEATS	TO T76	
T65	200 METRES	U17 WOMEN	12:15	HEATS	TO T77	
T66	200 METRES	U17 MEN	12:25	HEATS	TO T78	
T67	200 METRES	U20 MEN	12:35	HEATS	TO T80	
T68	200 METRES	SENIOR MEN	12:45	HEATS	TO T82	
T69	3000 METRES	U15 GIRLS	13:00	FINAL		
T70	3000 METRES	U17 WOMEN	13:00	FINAL		
T71	3000 METRES	U15 BOYS	13:15	FINAL		
T72	3000 METRES	U17 MEN	13:15	FINAL		
T73	200 METRES	U15 GIRLS	13:30	SEMI FINAL	TO T83	FROM T61
		LUNCH BREAK				
T74	200 METRES	U13 GIRLS	14:00	FINAL		FROM T62
T75	200 METRES	U13 BOYS	14:10	FINAL		FROM T63
T76	200 METRES	U15 BOYS	14:20	FINAL		FROM T64
T77	200 METRES	U17 WOMEN	14:30	FINAL		FROM T65
T78	200 METRES	U17 MEN	14:40	FINAL		FROM T66
T79	200 METRES	U20 WOMEN	14:50	FINAL		
T80	200 METRES	U20 MEN	15:00	FINAL		FROM T67
T81	200 METRES	SENIOR WOMEN	15:10	FINAL		
T82	200 METRES	SENIOR MEN	15:20	FINAL		FROM T68
T83	200 METRES	U15 GIRLS	15:30	FINAL		FROM T73
T84	800 METRES	U17 MEN	15:45	HEATS	TO T96	
T85	800 METRES	U17 WOMEN	16:00	FINAL		
T86	800 METRES	U13 GIRLS	16:10	FINAL RACE 1		
T87	800 METRES	U13 GIRLS	16:10	FINAL RACE 2		
T88	800 METRES	U13 BOYS	16:20	FINAL		

T89	800 METRES	U15 GIRLS	16:30	FINAL RACE 1		
T90	800 METRES	U15 GIRLS	16:30	FINAL RACE 2		
T91	800 METRES	U15 BOYS	16:45	FINAL		
T92	800 METRES	U20 WOMEN	16:55	FINAL		
T93	800 METRES	SENIOR WOMEN	16:55	FINAL		
T94	800 METRES	U20 MEN	17:05	FINAL		
T95	800 METRES	SENIOR MEN	17:15	FINAL		
T96	800 METRES	U17 MEN	17:25	FINAL		FROM T84
T97	5000 METRES	U20 WOMEN	17:40	FINAL		
T98	5000 METRES	SENIOR WOMEN	17:40	FINAL		
T99	5000 METRES	SENIOR MEN	17:40	FINAL		

DAY 2 FIELD PROGRAM SUNDAY 11 MAY 2025

Event No	Age Group	Event Name	Time
F31	U13 GIRLS	LONG JUMP	09:40
F32	U15 GIRLS	LONG JUMP	09:40
F33	U17 WOMEN	POLE VAULT	09:50
F34	U20 WOMEN	POLE VAULT	09:50
F35	SENIOR WOMEN	POLE VAULT	09:50
F36	U20 MEN	POLE VAULT	09:50
F37	SENIOR MEN	POLE VAULT	09:50
F38	U15 GIRLS	JAVELIN	11:40
F39	U17 WOMEN	JAVELIN	11:40
F40	U20 WOMEN	JAVELIN	11:40
F41	SENIOR WOMEN	JAVELIN	11:40
F42	U17 MEN	LONG JUMP	11:50
F43	U20 MEN	LONG JUMP	11:50
F44	SENIOR MEN	LONG JUMP	11:50
		LUNCH BREAK	
F45	U15 GIRLS	HAMMER	13:30
F46	U17 WOMEN	HAMMER	13:30
F47	U20 WOMEN	HAMMER	13:30
F48	SENIOR WOMEN	HAMMER	13:30
F49	U13 BOYS	LONG JUMP	14:00
F50	U15 BOYS	LONG JUMP	14:00
F51	U13 BOYS	JAVELIN	15:00
F52	U15 BOYS	JAVELIN	15:00
F53	U17 MEN	JAVELIN	15:00
F54	U20 MEN	JAVELIN	15:00
F55	SENIOR MEN	JAVELIN	15:00
F56	U17 WOMEN	LONG JUMP	15:50
F57	U20 WOMEN	LONG JUMP	15:50
F58	SENIOR WOMEN	LONG JUMP	15:50
F59	U15 BOYS	HAMMER	16:20
F60	U17 MEN	HAMMER	16:20
F61	U20 MEN	HAMMER	16:20
F62	SENIOR MEN	HAMMER	16:20