

Humberside & Lincolnshire Track & Field Championships -2018 Schedule.

Saturday, 12th May, Costello Stadium, Hull & Sunday 13th May, The Tommy Clay Track, Boston.

11.00 a.m. both days

UKA Licence No. OUT18/130

Eligibility to Compete :-Athletes are eligible either by virtue of birth or residence in either of the two counties (Humberside comprising the four unitary authorities of North East Lincolnshire, North Lincolnshire, East Yorkshire and Kingston upon Hull. Some athletes will have a dual qualification i.e. born in one county living in the other – these athletes must choose which county they wish to compete in, or for. They must stay with the same county each calendar year so if they entered Cross Country Championships of either county in 2018 they have made their choice for this year. NB This does not apply to schools competition where the location of the school attended is the deciding factor.

Age Groups :-all age groups, except Masters, and Under 20's are determined by age at midnight on Aug 31st/Sept. 1st. 2018. In the case of Masters, for this Championship, the age is 35 and above on the day of competition. Under 20's are 17 or over on Aug. 31st, 2018 and under 20 on Dec. 31st, 2018. Age groups – Under 11 (School Years 4 & 5), Under 13, Under 15, Under 17, Under 20 (Juniors), Seniors, Masters (Veterans 35 plus on the day of competition).

Awards The first three competitors in each event, from each county, in each event and age group will receive the award of their county. Athletes will not be separated by county, but the first three in each event from each county will receive the awards even if this means looking at heat times to determine the positions- Photo-finish is to be used in the Championships.

Entries Entries can be made on either an individual basis or by clubs in bulk, or on line (in which case a copy of the entry form must be submitted either electronically or by post) and must be sent to the appropriate county entry secretary as below.

Data Protection:- "You agree that we may publish your Personal Information as part of the results of the Event 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, race times, occupation and age category." *NB This is something new which we are advised by UKA to include on entry forms/schedules to comply with changes to the Data Protection Act.*

Starting heights and Number of trials In all Field events except HJ and PV competitors will have four trials and if they achieve AAA Grade III standard in one of those trials they will be entitled to a further 2 trials. In the case of Masters/Veterans who will throw the weights appropriate to their age the corresponding Grade III standard to the age group throwing that weight shall determine whether or not two further trials are awarded. Opening heights U13 Girls HJ will open at 1.15 m; U13 Boys HJ at 1.20 m- the bar rising in 5 cm increments. PV will start at 2.00 m rising in 10 cm increments.

Entry fees
Under 11's to Under 17's £5 for the first event and £2 for each subsequent event
Under 20's, Seniors and Masters £6 for the first event and £2 for each subsequent event
NB Payment online via PayPal will incur an extra £1 administration charge, this is a single charge for a transaction and could cover the entries from a number of athletes from a single family or club. All on line entries **MUST** submit an entry form either electronically or by post.

Please note the number of events an athlete in each age group may compete in is as below. They may enter more events but this is the maximum in which they can compete.

Under 11-not applicable; Under 13-3 events each day; Under 15 – 3 events each day; Under 17 -3 events each day, Under 20 – 5 events each day, Seniors and Masters - unlimited

Closing date:- Monday 23rd April 2018

All athletes submitting a valid e-mail address will have their entry acknowledged and in the week prior to the championships a timetable will be forwarded by e-mail.

A 10,000 metre championship for both counties will be incorporated into an Open 10,000 metres in the Humberside Track League at Costello Stadium, Hull, on June 2nd, 2018. Entries can be made alongside entries for these Championships or on the day, but entries on the day will be charged at £6 per athlete.

HUMBERSIDE ENTRIES To E.S. Bellamy 17 Parkdale, Barton on Humber DN18 5EQ E mail ebellath@aol.com

Payment and entry can also be made on-line via PayPal.

*Use the e-mail address: humbersideaa@aol.co.uk and pay, using PayPal, into the account 'humbersideaa'
This will incur an extra fee of £1 on top of the entry fees above to cover PayPal administration charges. Please then e-mail a completed copy of the entry form. Entries will be acknowledged by e-mail on receipt. Cheques payable to Humberside AA.*

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EVENT SCHEDULE

Saturday, 12th May, Costello Stadium, Hull

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| Under 11 Girls | 80m, Long Jump (School Years 4 & 5) |
| Under 13 Girl | 100m, 1500m, 70m Hurdles |
| Under 15 Girls | 100m, 300m, 1500m,, 75m Hurdles, Pole Vault, Discus, Hammer |
| Under 17 Women | 100m, 300m, 1500m, 80 m Hurdles, Pole Vault, Long Jump, Discus, Hammer |
| Under 20 Women | 100m, 400m, 1500m, 100m Hurdles, Pole Vault, Long Jump, Discus, Hammer |
| Senior Women | 100m, 400m, 1500m, 100m Hurdles, Pole Vault, Long Jump, Discus, Hammer |
| Veteran Women (35+) | 100m, 400m, 1500m, 100m Hurdles, Pole Vault, Long Jump, Discus, Hammer (Hurdles & throws as per age grp rules) |
| Under 11 Boys | 80m, Long Jump (School Years 4 & 5) |
| Under 13 Boys | 100m, 1500m, 75m Hurdles, High Jump |
| Under 15 Boys | 100m, 300m, 1500m, 80m Hurdles, Pole Vault, High Jump Discus, Hammer. |
| Under 17 Men | 100m, 400m, 1500m, 100m Hurdles, Pole Vault, High Jump Long Jump, Discus, Hammer. |
| Under 20 Men | 100m, 400m, 1500m, 110m Hurdles, Pole Vault, High Jump Long Jump, Discus, Hammer. |
| Senior Men | 100m, 400m, 1500m, 110m Hurdles, Pole Vault, High Jump Discus, Hammer. |
| Veteran Men (35+) | 100m, 400m, 1500m, 110m Hurdles, Pole Vault, High Jump Long Jump, Discus, Hammer. (Hurdles & throws as per age grp rules) |

Sunday, 13th May, The Tommy Clay Track, Boston.

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| 150m, 600m School Years (4 & 5) |
| 200m, 800m, High Jump, Long Jump, Shot |
| 200m, 800m, 3000m, High Jump, Long Jump, Shot, Javelin |
| 200m, 800m, 3000m, 300m Hurdles, High Jump, Triple Jump, Shot Javelin |
| 200m, 800m, 3000m, 400m Hurdles, High Jump, Triple Jump, Shot Javelin |
| 200m, 800m, 3000m, 400m Hurdles, High Jump, Triple Jump, Shot Javelin |
| 200m, 800m, 3000m, 400m Hurdles, High Jump, Triple Jump, Shot Javelin (throws to be included with other age grps throwing same weight) |
| 150m, 600m (School Years 4 & 5) |
| 200m, 800m, Long Jump, Shot |
| 200m, 800m, 3,000m, Long Jump, Triple Jump, Shot, Javelin |
| 200m, 800m, 3000m 400m Hurdles, Triple Jump, Shot, Javelin |
| 200m, 800m, 5000m, 400m Hurdles, Triple Jump, Shot, Javelin |
| 200m, 800m, 5000m, 400m H, Triple Jump, Shot, Javelin Long Jump, |
| 200m, 800m, 5000m, 400m Hurdles, Triple Jump, Shot, Javelin (throws to be included with other age grps throwing same weight) |

In addition a 10,000m Championship for Under 20, Senior and Veteran Men will be held in conjunction with the Humberside League on June 2nd at Costello Stadium. Hull.