

THE SW INTERCOUNTIES 2019 TRACK AND FIELD CHAMPIONSHIPS

SUNDAY JULY 21st EXETER ARENA

Under 13, under 15 and under 17 athletes may only contest THREE individual events on any given day.

Under 20 athletes may only contest FIVE individual events on any given day.

The final programme will be available shortly after the closing date July 9th

Fees £7 per event

Competitors, coaches and spectators should take note of the items listed below.

THE METHODS OF ENTERING THE CHAMPIONSHIP

All athletes will require an EA Registration Number

All athletes will need to complete the England Athletics (EA) Online entry form

<https://events.englandathletics.org/competition/england-athletics-sw-track-and-field-championships-2019/profile>

Athletes may initially register on the site without entering event(s) but all athletes MUST pay the entry fee if they complete the form and enter event(s)

This applies to all athletes

County team managers will NOT be completing the entry form on behalf of the athletes

County team managers will select County teams from those that enter the championships

Contact details for County team managers should be available on the relevant County websites

All enquiries regarding selection etc. should be directed to the County team manager and NOT to the meeting manager of these SWIC T&F championships

COMPETITORS' VESTS

Athletes selected by their County should compete in their County vest.

Athletes who have a County Schools vest should check with their team manager as to whether this is also acceptable.

The few athletes who are NOT selected by their County should compete in their club vest – these athletes will not score points in the Inter-County match

A few athletes who are competing in a number of events may be representing their County in some events and their club in others

DIRECTIONS TO THE TRACK, ENTRY FEES and CAR PARKING

The venue is Exeter Athletics Arena and this track is well known to many athletes, coaches etc.

The link is

<http://www.leisurecentre.com/exeter-arena>

1. Officials will not be charged an admission fee but should enter the facility through the Exeter Harriers clubhouse
2. Athletics coaches will be able to enter the facility without charge if they present their coaching accreditation at the stadium reception
3. Non-competing spectators will need to pay an entry fee - £2 for adults, £1 for juniors (aged under 16 years).

There is plentiful free parking at the venue

SAFETY AND FIRST AID

The in-field area (inside the track) is out of bounds to all individuals except officials and athletes contesting events in that area. Athletes in this area should be vigilant and look out for the warning sign (usually a hooter) which indicates that an implement is about to be thrown.

Athletes crossing the track to access the infield also need to be vigilant in order to avoid athletes contesting track events.

First Aid, if needed, will be administered on site trackside. Otherwise athletes should report to the First Aid area which will be an ambulance positioned near the Exeter Harriers clubhouse

SUBSTITUTIONS

We will allow substitutions, even on the day of the championships – these should be made in the photofinish portakabin at the finish line at least 60 minutes before the event is scheduled to take place

However the athlete being moved, as a substitution, into an event MUST ALREADY BE REGISTERED TO COMPETE IN THE CHAMPIONSHIPS

New athletes cannot be introduced at this stage

There will be no entries on the day

PROGRAMMES

This will show entries by event and will cost £2 They will be obtainable at the stadium reception area and at registration in the Exeter Harriers clubhouse

THE TRACK and TRACK EVENTS

Competitors should report to the start area of the relevant event 10 minutes before the time listed in the programme.

You must be at the event start at the time of the first heat, if heats are listed.

We are not planning to have a 'call area'

The surface is an all weather surface. If spiked running shoes are used (these are recommended but not essential), then the needles in the shoe must not exceed 6 mm. in length.

False starts

In the U17, U20 and Senior age groups, an athlete deemed responsible for a false start shall be immediately disqualified

For the U13 and U15 age groups, the athlete deemed to be the first offender and all the other athletes in that race will be warned.

The next athlete deemed responsible for a false start in that race shall be disqualified

FIELD EVENTS

Athletes should report to Pole Vault 45mins prior to event and Hammer 30mins - all other field event athletes should report 15mins before the scheduled start.

Athletes who need to have throwing implements weighed need to report to the equipment area 45 minutes before the event

The number of throws or horizontal jumps that each competitor is allowed will be at the discretion of the field referee on the day.

However the intended format will be –

U20 AND SENIORS

All athletes allowed 3 throws/ horizontal jumps with 3 further throws/jumps for the best 6 competitors

provided a valid throw/jump is achieved in the first three trials.

U13/U15/U17

All athletes will be allowed FOUR trials

The high jump and pole vault competitions will proceed in the following manner:

The STARTING height will be the lowest height chosen by any of the competitors in that age group (if this is lower than that specified in the tables below).

The NEXT height will be moved to the height shown below

Event	Girls				
	U13G	U15G	U17W	U20W	SW
High Jump	1.30	1.45	1.55	1.55	1.50
Pole Vault		2.40	2.50	2.50	2.50

Event	Boys				
	U13B	U15B	U17M	U20M	SM
High Jump	1.35	1.45	1.70	1.85	1.80
Pole Vault		2.70	3.00	3.00	3.00

Subsequent heights will increase by an increment of 5cms (HJ) or 10cms (PV)

PHOTOGRAPHS

No photography is allowed in the in-field area unless agreed with the field referee.

Photography at all times should be 'appropriate'.

The event director David Cooke will give further guidance if needed –see the link

<http://www.britishathletics.org.uk/governance/policies/use-of-photographic-video-images-of-children-young-people-under-the-age-of-18/>

Those wishing to take photos or videos should register at the reception area (main entrance to the stadium).

REFRESHMENTS AND CHANGING

Changing facilities and toilets are available in the main arena stadium

Refreshments can be purchased in the Exeter Harriers clubhouse and from a mobile facility track side.

RELAYS

No relay events are scheduled this year

NUMBERS

All athletes will be allocated a unique number

Letters denoting Counties will NOT be used

Numbers can be collected at the track on the day of the competition in the Exeter Harriers clubhouse

Numbers must be worn front and back (except for the jumping events where numbers are required on the front of the vest only). Numbers should be pinned in the 4 corners.

CALL ROOM

We have decided NOT to use a call room system this year

Athletes should report in good time to the event start area.

DECLARATIONS

Athletes do not need to confirm their attendance on the day, other than to collect their number
Athletes who fail to attend will be simply listed as 'DNS' on the field cards and track sheets
If team managers are aware that athletes have withdrawn before the day of competition they should notify the meeting manager David Cooke by E mail

HEATS AND LANE ORDER

Only the 100m will now feature heats and finals

For other events run in lanes, where the number of athletes precludes a single race, then two or more straight finals will be scheduled, each seeded according to Power of 10.
The best athletes will contest the A race and the remainder will contest a B/C race – the results will then be pooled

It is hoped that races longer than 400m will be run as a single race

Where heats are planned, lane order will be pre-selected
Where heats were planned but insufficient athletes report to warrant more than one race, **the final will be run at the heat time.**
The starter's decision is final in respect of the lane draw.
Where a straight final is run because of insufficient athletes reporting, then the starter, with the seeding judge, will decide the lane draw.

HEATS TO FINAL QUALIFICATION

Due to restrictions related to the length of the meeting we are only planning to hold heats for the 100m races
Where heats are held, then winner of each heat and next fastest athletes will progress to the final (8 athletes in total for the 100m)

Lanes for qualifying finals will be seeded so that the fastest qualifiers have the favoured lanes.
Athletes who qualify for a final following a preliminary round must, at least, start the final if they wish to continue further events in the championship.
The athlete does not necessarily need to complete this event final.
Athletes who qualify for a final but do not appear for the event will disqualify themselves from further events in this championship

MEDALS

In all events, medals will be awarded to the first three competitors irrespective of the number of entries or the number of competing athletes.

RESULTS SERVICE

A full set of results will appear on the EA website and also
<http://s250914043.websitehome.co.uk/SouthWest/Championships.html>

TIMING DISPLAY

Weather permitting we hope to use a large display.
As this display is stopped by a photo-cell, and may be stopped by an athlete's arm or head, the time displayed is only an approximation. However, the official photofinish time from the computer is unlikely to differ from this time by more than 0.02s

PHOTOFINISH

It is very important that all athletes are reminded that they should not pass through the finish line except as competitors.

Similarly, athletes who have completed an event **should not pass backwards through the line and should move away from the finish line in a forward direction.**

Spectators should never cross the track or be on the track near the finish line.

SWIC TRACK AND FIELD STANDARDS 2019

U13B		U15B		U17M		U20M		SM	
	2019		2019		2019		2019		2019
100	14.0	100	12.9	100	11.9	100	11.8	100	11.5
200	29.2	200	25.6	200	23.7	200	23.0	200	23.4
800	2:29.0	300	40.5	400	53.5	400	51.2	400	53.0
1500	5:10.0	800	2:15.0	800	02:07.0	800	2:06.0	800	2:04.0
75mH	15.4	1500	4:40.0	1500	4:20.0	1500	4:25.0	1500	4:20.0
HJ	1.35	3000	10:30.0	3000	10:00.0	5000	19:00.00	5000	19:00.00
LJ	4.35	80mH	14.0	1500mSC	5:10.0	2000mSC	7:30.0	2000mSC	7:10.0
DT	15.00	HJ	1.50	100mH	16.0	110mH	18.5	110mH	18.0
JT	25.00	LJ	5.20	400mH	62.5	400mH	64.0	400mH	63.0
SP	6.50	PV	2.85	HJ	1.75	HJ	1.90	HJ	1.85
		TJ	10.00	LJ	5.90	LJ	6.40	LJ	6.50
		DT	25.00	PV	3.20	PV	3.50	PV	3.50
		JT	36.00	TJ	12.00	TJ	12.95	TJ	12.50
		SP	11.00	DT	33.00	DT	36.00	DT	36.00
		HT	27.00	JT	43.00	JT	47.00	JT	48.00
				SP	11.00	SP	12.30	SP	11.50
				HT	39.00	HT	31.00	HT	40.00

U13G		U15G		U17W		U20W		SW	
	2019		2019		2019		2019		2019
100	14.6	100	13.6	100	13.3	100	13.3	100	13.2
200	29.9	200	28.0	200	27.0	200	27.2	200	27.0
800	2:36.0	300	44.5	300	43.0	400	64.0	400	64.0
1500	5:25.0	800	2:25.0	800	2:28.0	800	2:27.0	800	2:27.0
70mH	13.0	1500	5:05.0	1500	5:05.0	1500	5:07.0	1500	5:05.0
HJ	1.35	3000	12:00.0	3000	11:20.0	5000	20:00.0	5000	20:00.0
LJ	4.30	75mH	12.5	1500mSC	7:00.0	1500mSC	7:00.0	1500mSC	7:00.0
DT	18.00	HJ	1.50	80mH	12.6	100mH	18.0	100mH	18.0
JT	20.00	LJ	4.95	300mH	51.0	400mH	75.0	400mH	74.0
SP	7.10	PV	2.20	HJ	1.55	HJ	1.60	HJ	1.55
		TJ	9.00	LJ	4.95	LJ	5.20	LJ	5.00
		DT	21.00	PV	2.60	PV	2.60	PV	2.60
		JT	26.90	TJ	10.10	TJ	10.60	TJ	10.00
		SP	9.50	DT	22.00	DT	26.00	DT	26.00
		HT	30.00	JT	30.00	JT	33.50	JT	27.00
				SP	10.00	SP	9.55	SP	10.00
				HT	39.00	HT	34.00	HT	34.00