

NEWQUAY & PAR

ATHLETIC
CLUB

invite you to their

TRACK & FIELD MINI-SERIES

(INCLUDING THE CLIVE MARSH VERTICAL JUMPS
COMPETITIONS)

to be held at

THE PAR ATHLETIC TRACK

Weekly between

SATURDAY 08th MAY to SUNDAY 30th MAY 2021

(see attached schedule for events, times and days)

ALL AGE GROUPS EXCEPT UNDER 11

**NOTE, IT IS VERY IMPORTANT THAT ALL POINTS LISTED ON THE
RULES FOR ENTRY ARE READ & ADHERED TO. RESTRICTIONS
STILL APPLY, SUCH AS NUMBERS OF COMPETITORS ALLOWED,
PARENTS / CARERS OR ONE GUEST PER ATHLETE, USE OF OWN
THROWING IMPLEMENTS & PRE-ENTRY PLUS ENTRY FEE TO BE
PAID AT LEAST ONE WEEK PRIOR TO THE MEETING
(NO LATE ENTRIES OR ON THE DAY)**

**Athletes or Supporters may not attend if they are experiencing
any symptoms of COVID-19**

***Entries to show* : name/club/event/DOB/age group/best performance**

no later than 1 Week prior to the event with fee of £4 for the first entry

(per meeting) & £2 for subsequent entries.

BACS payment to N&PAC A/c no. 23966461 sort 20-74-20 (Barclays)

Please put your athlete entry name for reference (not Parent/carer).

email entries with full details & BACS payments confirmed to:

davevarney@uwclub.net

"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."

MINI-SERIES THROWS AND CLIVE MARSH VERTICAL JUMPS RULES / EVENTS / TIMES

Sat 08 May 2021	10.00am	Shot Put	Pool A
(Closing date 1 st May)	10.30am	Hammer	
	11.00am	Shot Put	Pool B
	11.45am	Javelin	
	No Discus		
Sat 15 May 2021	10.00am	Shot Put	Pool A
(Closing date 8 th May)	10.00am	Hammer	
	11.00am	Discus	Pool A
	11.00am	Shot Put	Pool B
	12.00pm	Discus	Pool B
	12.00pm	High Jump	
	12.00pm	Pole Vault	
	1.30pm	Provisional second pools vertical jumps	
Sat 22 May 2021	10.00am	Javelin	
(Closing date 15 th May)	11.00am	Shot Put	Pool A
	11.00am	Discus	Pool A
	12.00pm	Shot Put	Pool B
	12.00pm	Discus	Pool B
Sat 29 May 2021	10.30am	High Jump	Pool A
(Closing date 22 nd May)	10.30am	Pole Vault	Pool A
	12.00pm	High Jump	Pool B
	12.00pm	Pole Vault	Pool B

So that the competitions are run with minimal risk to athletes & their guests, officials & volunteers we are restricting the pool sizes to 10. First come first served will apply and a reserve list held.

To reduce the risk of virus contamination competitors must bring their own implements. With prior arrangement a small number may be available to borrow, but these will only be released for individual sole use and they will need to be sanitized before returning on the day. Athletes must collect their own implement after a throw (or supply a responsible retriever who must obey all safety procedures given to them by the chief judge)

MINI-SERIES TRACK AND HORIZONTAL JUMPS RULES / EVENTS / TIMES

Sun 09 May 2021	10.30am	100m	
(Closing date 2nd May)	11.15am	1500m	
	11.45am	200m	
Sun 16 May 2021	10.30am	300/400m Hurdles	
(Closing date 9 th May)	10.30am	Long Jump	Pools A & B
	11.15am	800m	
	12.15pm	300/400m	
	1.00pm	Triple Jump	
Sun 23rd May 2021	10.30am	Sprint Hurdles	
(Closing date 16 th May)	11.30am	1500m	
Sat 30th May 2021	10.30am	100m	
(Closing date 23rd May)	11.15am	3000m	
	11.15am	Long Jump	Pools A & B
	12.00pm	200m	
	1.00pm	Triple Jump	
	1.00pm	800m	

So that the competitions are run with minimal risk to athletes & their guests, officials & volunteers we are restricting the Horizontal Jumps pool sizes to 8 with four attempts U13 & U15, six U17-Seniors (**Note:** U13's are not allowed to compete in Triple Jump). First come first served will apply and a reserve list held. Track entry numbers will be restricted to 30 overall (5 in 100m – 800m & 10 in 1500m / 3000m). Hurdles will be restricted to 4 per race

All first races shall start at 10.30am. The race order is above no times are given for each individual race, so please observe and get ready in good time to attend the start ***at least*** ten minutes before the first races are scheduled, so that you can be instructed as to your heat and lane draw. ***Anyone arriving after this time is unlikely to be allowed to compete.*** The first 100m (approx) of 800m races will be in lanes before the break. 1500m / 3000m races will start on a curved line. Ensure that you do not come face to face with other competitors or officials and no physical contact will be allowed either at the start or during the races.

Whilst warming up, please observe 2m social distancing and preferably use the surrounding playing fields.

Do not shake hands and no spitting on the track or surrounds is allowed

GENERAL RULES FOR TRACK & FIELD:

It is everyone's responsibility (athletes / parents / coaches / guests) NOT to attend competition if they have symptoms (or suspect they have symptoms), or have tested positive for COVID-19, or have come into contact with someone who has tested positive for COVID-19.

There will be no cash payments for entries on the day (ALL by BACS as previously stated).

All entries shall be acknowledged – but remember it will be on a first come first served basis due to limited numbers allowed and on receipt of payment (see above). You must provide ALL of the information requested. Age groups are based on age at 1st September 2021 (eg someone who is 15 on or after 01/09/21 is still U15 but if 15 on or before 31/08/21 is U17) Note: a 10 year old who is 11 on or before 31/08/21 may compete as U13)

You must bring your own pins sufficient for front and back numbers. Numbers can be collected when registering at the designated table (this may be a window at the side of the building in bad weather). For throws, you will be requested to place your own implement on the scales.

Observe 2m social distancing unless in a family 'bubble' or wear a mask where this is impracticable. Bring hand sanitiser but there will be some available

Toilets will be available but NO CHANGING, please come prepared for the competition

Some take away refreshments MAY be available from the cafe, if not, there are nearby local shops and facilities. **Note** that the tables and chairs under the canopy are for café users only. The metal benches are for general use.

Athletes will need to be prepared properly before they undertake any competition. Coaches, club managers and parents should ensure any athlete is confident that they are ready to compete.

Athletes are permitted to bring parents/carers or one guest (but not both). Only officials, athletes and meeting photographer shall be allowed in the competition area unless accepted as a responsible throws implement retriever.

We will appoint a meeting manager, a COVID-19 coordinator & assistant for each meeting. Athletes and their accomplices are asked to follow all instructions given by these volunteers or risk being disqualified from the meeting. They will be recognisable by a yellow bib

Please note that this series is expected to receive an England Athletics license and thus all performances should be recognised by Power of 10. Do not hassle timekeepers or other officials. Results will be posted as soon as possible.

NOTE THAT THE CLUB PHOTOGRAPHER SHALL BE TAKING PHOTOS FOR THE CLUB WEBSITE AND LOCAL NEWSPAPERS. UNLESS YOU NOTIFY US THAT THIS IS NOT ACCEPTABLE BEFOREHAND, IT WILL BE DEEMED THAT APPROVAL IS GIVEN, THANK YOU.