



BUCKINGHAMSHIRE ATHLETIC ASSOCIATION

Buckinghamshire 2024 Track & Field Championships

To be held jointly with Oxfordshire *Under UKA Rules*

Saturday 11th & Sunday 12th May 2024
at Horspath Road, Oxford

Track and field events are offered in each age group for both male and female athletes. A list of all Championships events with scheduled day and approximate times is provided at the end of this prospectus.

Age Groups and Qualifications

U13	(School Yrs 6 & 7)	Aged 11 or 12 on 31/08/2024
U15	(School Yrs 8 & 9)	Aged 13 or 14 on 31/08/2024
U17	(School Yrs 10 & 11)	Aged 15 or 16 on 31/08/2024
U20		Aged 17 or over on 31/08/2024 and <u>under 20 on 31/12/2024</u>
Seniors		Aged 20 or over on 31/12/2024
Masters		Categories will be V35+, V50+ and V60+ only (based on the athlete's age on the day of competition)

- Athletes must have a Buckinghamshire qualification obtained either by **birth or 9 months' continuous residence** within the former or existing boundaries of the County prior to the date of the competition.

Entry Details

- **Entry Fee:** £7 per event, and all entries shall be made using the Roster online website <https://meets.rosterathletics.com/public/competitions/details/schedule?id=25024>. Entry fees are non-refundable.
- U13s, U15s and U17s are limited to a maximum of three events on each day.
- U13s and U15s may only do ONE LONG RACE on each day (this may lead to time trials rather than heats and finals).
- The competition organisers reserve the right to restrict the number of entries based on standards and athletes should *not enter events they have not previously attempted and trained for*.

CLOSING DATE is end of the day MONDAY 6th MAY 2024 - no late entries will be accepted

Track Events

- **Heats:** Although the Championships are being held jointly with Oxfordshire, all track events necessitating heats will run with the Counties separated. In other words, all necessary heats for a Buckinghamshire event will contain only Buckinghamshire athletes.
- **Finals:** If insufficient athletes have entered the Championships to justify heats, then the event will be scheduled as a Final. If heats have been timetabled and insufficient athletes report to justify holding heats, then the event will be held at as a final AT THE HEAT TIME.
- **Seeding:** The first round of heats will be seeded based on the times supplied via the online entry, which may be verified and appropriately adjusted by the County. Subsequent rounds in all events will be seeded based on times run in previous rounds of the competition.
- **Masters Hurdles:** The following hurdle heights, weights and spacings are offered at this competition: W35+, W40+, W50+, W60+, M35+, M50+ and M60+.

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Field Events

- **Trials:** In the horizontal jumps and throwing events, ALL COMPETITORS will be allowed 3 trials. The top six U13s and U15s will get one further trial. For other age groups the top six by age group will get three further trials.
- **High Jump:** Starting heights will be:
 - U13G / U13B / Masters Women: 1.05m
 - U15G: 1.15m
 - U15B / U17W / Masters Men : 1.25m
 - U20W / SW: 1.30m
 - U17M: 1.35m
 - U20M / SM: 1.45m

The bar will be raised in 5cm progressions until only 3 competitors remain from all the age groups starting that competition, when it may be raised by 3 cm.

- **Pole Vault:** Starting heights will be:
 - U15G / Masters Women: 1.50m
 - U15B / U17W / Masters Men: 1.70m
 - All other age groups: 2.00m

The bar will be raised in 10cm progressions until only 3 competitors remain from all the age groups starting that competition, when it may be raised by 5 cm.

- **Triple Jump Boards:**
 - U17W/U20W: 7m & 9m
 - U17M/SW: 9m & 11m
 - U20M/SM: 9m, 11m & 13m
 - Masters Women: 6m, 7m & 9m
 - Masters Men: 7m, 9m & 11m
- **Masters Implement Weights:** Implement weights will be as per the age categories supported at this competition i.e. W35+, W50+, W60+, M35+, M50+ and M60+.

Medals

- For the U13, U15 and U17 age groups, Gold, Silver and Bronze medals will be awarded in all events.
- For U20, Senior and Masters age groups, Gold medals will be awarded to all winners; silver where there are more than 6 entries, and bronze if there are more than 10 entries in that event. Masters medals will be awarded as per the 3 age categories 35+, 50+ & 60+ only.
- Medals will be available for collection from Registration after the announcement of the result.

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SCHEDULE OF EVENTS FOR EACH AGE GROUP

The day and **approximate** time when each event will be held is shown below.

Please be aware, **this is just a guide and is subject to change based on entries received**. The final timetable will be drawn up after the close of entries and will be posted on Roster and the Buckinghamshire AA website as soon as possible in the week preceding the event.

Saturday					
Track			Field		
Event	Age Group(s)	Heats/Finals Times	Event	Age Group(s)	Approx. Start Time
300m	All	10:00 - 13:30	Hammer	All	10:00 - 12:30
400m	All	10:30 - 13:40	Long Jump	U17W, U20W, SM, SW, Masters W&M	10:00 - 12:00
100m	All	11:00 - 13:30		U13G, U13B	12:00 - 14:00
1500m	All	14:00 - 16:30		U15G	15:00 - 17:00
80m Hurdles	U15B, U17W, W40+, W50+, W60+	14:00 - 15:30	Javelin	U15B, U17W	10:00 - 12:00
100m Hurdles	U17M, U20W, SW, W35+, M50+, M60+	15:30 - 16:30		U13G, U13B, U20W, SW, Masters W	12:00 - 14:00
110m Hurdles	U20M / SM / M35+	16:00 - 16:30		U15G, U17M, U20M, SM, Masters M	14:00 - 16:00
			Pole Vault	All	11:00 - 13:00

Sunday					
Track			Field		
Event	Age Group(s)	Heats/Finals Times	Event	Age Group(s)	Approx. Start Time
300m Hurdles	U17W, W50+, W60+, M60+	10:00 - 10:45	Discus	U17W, U20W, U20M, SW, SM, Masters W&M	10:00 - 12:00
400m Hurdles	U20W, SW, W35+, U17M, U20M, SM, M35+, M50+	10:00 - 10:45		U13G, U13B, U15G	12:00 - 14:00
200m	All	10:30 - 14:00		U15B, U17M	13:00 - 15:00
800m	All	12:00 - 16:30	High Jump	U13G, U13B, U15B, U17W, U20W, SW, Masters W	10:00 - 12:00
70m Hurdles	U13G	14:00 - 15:30		U15G, U17M, U20M, SM, Masters M	13:00 - 15:00
75m Hurdles	U13B, U15G	15:30 - 16:30	Long Jump	U17M, U20M	10:00 - 10:30
				U15B	12:30 - 13:30
			Shot Put	U13G, U13B, U15B, U17M, U20M	10:00 - 12:00
				U15G, SW, SM, Masters W & M	12:30 - 13:30
				U17W, U20W	14:00 - 15:00
			Triple Jump	U17W, U20W, SW, Masters W	12:00 - 13:00
				U17M, U20M, SM, Masters M	13:30 - 14:30