



2021 Outdoor Track and Field Season

Welcome to what we hope will be a year in which there will be a return to some meaningful competition for everyone.

The enclosed Prospectus lays out our plans for the season ahead, but we have to bear in mind that there will undoubtedly be some Covid restrictions which will still apply, particularly to the early events. We shall ensure that we shall do our utmost to stage these Championships, and to do so very safely, and will put in place whatever measures are deemed necessary. For instance, it is likely that temperature checks on entrance will be in place for the June event.

It is very important that before entering, every athlete makes sure that they are physically and mentally ready to compete. We all need to bear in mind the lack of competition, even for many the lack of training, which has been experienced in the past year.

We look forward to welcoming people back to our Championships and wish you all a safe and successful experience in the coming months.

Please stay safe.

Susan Deaves
Chairman
Track and Field Group

SEAA

2021

SOUTHERN OUTDOOR TRACK & FIELD PROSPECTUS



Under UKA Rules

SEAA Competition Limited

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CONDITIONS OF ENTRY

COVID 19

All events will be staged in accordance with the relevant government guidelines in place at that time.

ENTRIES

Online Entries will be available from late March 2021 on the SEAA Website.

THE CLOSING DATE FOR ENTRIES AS STATED IS THE LATEST DATE BY WHICH AN ENTRY MUST BE RECEIVED AT THE SEAA OFFICE. Once this date has passed the online entry system will close.

The entry declaration must be completed by the intending competitor, who shall be responsible for all statements therein and any omissions therefrom, whether the athlete actually made the entry or not. Any individual making a false entry may be dealt with for misconduct (as defined in Rule 145 S1).

**In the event of a meeting or event being cancelled,
80% of the entry fee will be refunded.**

AGE GROUPS

U13s- Must be 11 years of age but under 13 years of age at midnight on August 31st 2021.

U15s- Must be 13 years of age but under 15 years of age at midnight on August 31st 2021.

U17s- Must be 15 years of age but under 17 years of age at midnight on August 31st 2021.

U20s- Must be 17 years of age at midnight on August 31st but under 20 years at midnight December 31st 2021.

Seniors- Must be 20 years of age at midnight December 31st 2021

Disclaimer (this applies to all SEAA Championships): SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

ELIGIBILITY TO COMPETE

All Athletes must be registered with England Athletics. Failure to provide a valid Registration number on your entry will result in the entry being rejected. This rule will be rigorously applied to all SEAA Championships and applies to all age groups.

All athletes must have a Southern Area Qualification in accordance with Rule 21 S 6 (2) RULE 21 S6 (2) UKA SUPPLEMENT - COUNTY, DISTRICT AND AREA QUALIFICATIONS (PREVIOUSLY UKA RULE 9)

(2) English Area Championships and Representation

(a) An Area qualification to compete shall be acquired as follows: By birth (See also Rule 21 S4(1)).

By nine months' continuous bona fide residence within the Area boundary immediately prior to the date of competition.

By nine months' service in HM Forces stationed within the Area boundary immediately prior to the date of the competition.

(b) A student at school, college or university does not acquire a residential qualification by residence during term time alone. An Area, though, may, at its discretion, relax the residential qualification in the case of Under 20 and younger athletes, and of Seniors in residence at college or university, but any competition shall not be deemed to have established an Area qualification.

(c) No athlete is allowed to compete in the Championships of more than one Area Association in any one nine month period

Athletes who are not members of a Southern Club will be asked to confirm their eligibility. If they do not do so, they may not be allowed to compete on the day.

Guests are allowed to compete in the Combined Events, but must inform the SEAA of their intention to compete as a guest. Guests will not be eligible for a medal.

ANTI-DOPING

By submitting an entry to any SEAA Championship, you acknowledge that you are **bound by UKA Anti-Doping rules.**

The UKA Anti-Doping Rules are available at www.ukad.org.uk

To check the status of registered medicines please visit www.globaldro.com For general anti-doping queries please contact antidoping@uka.org.uk

EVENT INFORMATION

Please ensure you read this section.

Athletes are expected to meet the required starting heights for Southern Championships.

Details can be found on Pages 4/5/6 of this Prospectus.

POLE VAULT PROGRESSIONS

Senior Men – 3.80m, 4.00m, 4.20m, 4.40m then 10s
Senior Women – 2.70m, 2.90m, 3.05m, 3.20m then 10s
U20 Men – 3.40m, 3.60m, 3.80m, 3.95m, 4.10m then 10s
U20 Women – 2.30m, 2.50m, 2.70m then 10s
U17 Men – 2.80m, 3.00m, 3.20m, 3.35m, 3.50m then 10s
U17 Women – 2.20m, 2.40m, 2.60m then 10s
U15 Boys – 2.30m, 2.50m, 2.70m then 10s
U15 Girls – 1.90m, 2.10m then 10s

HIGH JUMP PROGRESSIONS

All age groups progress in 5cm increments until three (or fewer) athletes are left in then 3cm

EQUIPMENT

Spike Length - The maximum length of spikes is 9mm on all surfaces (except for Javelin and High Jump where 12mm spikes are allowed); this is in accordance with UKA rules, surface regulations and for your personal safety. **Failure to meet this requirement will result in the individual being refused access to the competition area.**

Personal equipment must be submitted to the Technical Manager for checking at least one hour before your event time.

CLOTHING

Athletes must wear the vest of their First Claim affiliated Club, County, Area or National vest. In accordance with **UKA Rule 143 S1 (4)**, all athletes must wear at least vest and shorts which are clean and so designed and worn as not to be objectionable, even if wet. The wearing of an alternative vest without permission of the Referee will lead to disqualification.

Numbers must also be worn as issued, with no folding or mutilation. Attention is drawn to **UKA Rule 143 S1** on Advertising and Sponsorship, this rule will be enforced. If an Athlete fails to bring the correct vest on the day they will have to wear a plain White T-Shirt purchased from the SEAA.

Amended UKA Rule 5 (Shoes) will be implemented at all 2021 meetings.

False Start Equipment (SIS) is planned to be used at the U20/Senior Championships in June

U20/SENIOR CHAMPIONSHIPS

Saturday 12th & Sunday 13th June 2021 venue TBC

Online Entry Fees - Seniors - £18, U20s - £15

Online entries available late March 2021 onward at www.seaa.org.uk

Closing Date: Tuesday 1st June 2021

SATURDAY

<u>U20 Men</u>	<u>Senior Men</u>	<u>U20 Women</u>	<u>Senior Women</u>
200m	100m	200m	100m
400m Heats	400m Heats	400m Heats	400m Heats
800m Heats	800m Heats	800m Heats	800m Heats
1500m Heats	1500m Heats	1500m Heats	1500m Heats
400mH Heats	400mH Heats	400mH Heats	400mH Heats
5000m Final**	5000m Final**	3000m S/C Final	3000m S/C Final
3000m S/C Final	3000m S/C Final	High Jump (1.50m)	Pole Vault (2.70m)
Pole Vault (3.40m)	High Jump (1.80m)	Long Jump	Triple Jump (11m)
Triple Jump (13/11m)	Long Jump	Shot (4kg)	Hammer (4kg)
Hammer (6kg)	Shot (7.26kg)	Discus (1kg)	Javelin (600gms)
Javelin (800gms)	Discus (2kg)		

The U15/U17 3000m Championship is being held on the Sunday.

SUNDAY

<u>U20 Men</u>	<u>Senior Men</u>	<u>U20 Women</u>	<u>Senior Women</u>
100m	200m	100m	200m Final
400m Final	400m Final	400m Final	400m Final
800m Final	800m Final	800m Final	800m Final
1500m Final	1500m Final	1500m Final	1500m Final
110m Hurdles	110m Hurdles	5000m Final**	5000m Final**
400m Hurdles Final	400m Hurdles Final	100m Hurdles	100m Hurdles
High Jump (1.70m)	Pole Vault (3.80m)	400m Hurdles Final	400m Hurdles Final
Long Jump	Triple Jump (13m)	Pole Vault (2.30m)	High Jump (1.55m)
Shot (6kg)	Hammer (7.26kg)	Triple Jump (11/9m)	Long Jump
Discus (1.75kg)	Javelin (800gms)	Hammer (4kg)	Shot (4kg)
		Javelin (600gms)	Discus (1kg)

** Should there be an excessive number of competitors, it will be necessary to have a Championship race and a 'B' race. This decision will be taken after athletes have registered on the day.

DISCLAIMER: SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

UNDER 13 CHAMPIONSHIPS

Saturday 21st & Sunday 22nd August 2021

at Weir Archer Athletics Centre, Kingston

Online Entry Fees - £11 per event

Closing Date: Tuesday 10th August 2021

Online entries available late March 2021 onward at www.seaa.org.uk

SATURDAY

Under 13 Girls

100m

200m

800m Heats

70m Hurdles

Long Jump

High Jump (1.25m)

Shot (2.72kg)

(U13B) 800m Heats

SUNDAY

Under 13 Boys

100m

200m

800m Final

75m Hurdles

Long Jump

High Jump (1.25m)

Shot (3kg)

(U13G) 800m Final

**NOTE: UNDER 13 ATHLETES MAY ONLY COMPETE
IN THREE EVENTS ON ANY ONE DAY.**

**SEAA RESERVES THE RIGHT TO HOLD EVENTS ON DIFFERENT DAYS
IF DEMAND REQUIRES.**

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U15/U17 CHAMPIONSHIPS

Saturday 21st & Sunday 22nd August 2021

at Weir Archer Athletics Centre, Kingston

Online Entry Fees - U15/U17 £14 - Seniors £18 (Walks) - U20s £15 (Walks)

Online entries available late March 2021 onward at www.seaa.org.uk

Closing Date: Tuesday 10th August 2021

SATURDAY

U15 Boys

200m
300m Heats
800m Heats
1500m Heats
80mH Heats
Pole Vault (2.30m)
Triple Jump (11/9m)
Hammer (4kg)
Javelin (600gms)

U17 Men

100m
400m Heats
800m Heats
1500m Heats
400mH Heats
1500m S/C Final
High Jump (1.65m)
Long Jump
Shot (5kg)
Discus (1.5kg)

U15 Girls

100m
400m Heats
800m Heats
1500m Heats
75mH Heats
High Jump (1.40m)
Long Jump
Shot (3kg)
Discus (1kg)

U17 Women

200m
400m Heats
800m Heats
1500m Heats
300mH Heats
1500m S/C Final
Pole Vault (2.20m)
Triple Jump (11/9m)
Hammer (3kg)
Javelin (500gms)

Please Note: No U15 athlete is allowed to run in more than one event between 600m & 3000m inclusive on the same day. Therefore U15 athletes may only run in either 800m or 1500m heats on the same day

SUNDAY

U15 Boys

100m
400m Final
800m Final
1500m Final
110m Hurdles
400m Hurdles Final
High Jump (1.50m)
Long Jump
Shot (4kg)
Discus (1.25kg)

U17 Men

200m
400m Final
800m Final
1500m Final
110m Hurdles
400m Hurdles Final
Pole Vault (2.80m)
Triple Jump (13m/11m)
Hammer (5kg)
Javelin (700gms)

U15 Girls

100m
400m Final
800m Final
1500m Final
100m Hurdles
400m Hurdles Final
Pole Vault (1.90m)
Triple Jump (9/7m)
Hammer (3kg)
Javelin (500gms)

U17 Women

200m Final
400m Final
800m Final
1500m Final
100m Hurdles
400m Hurdles Final
High Jump (1.45m)
Long Jump
Shot (3kg)
Discus (1kg)

Sunday 22nd August Walks: Senior Men & Women, U20 Men & Women 5000m,
U17 Men & Women, U15 Boys & Girls 3000m

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U15/U17/U20/SENIOR COMBINED EVENTS

Saturday 3rd & Sunday 4th July 2021 at Horspath, Oxford

Online Entry Fees - Senior & U20 Men £30 - U20 Women & U17s £25 - U15s £23

Online entries available late March 2021 onward at www.seaa.org.uk

Closing Date: Tuesday 22nd June

Senior Men Decathlon	Senior Women Heptathlon
U20 Men Decathlon (U20s Specification)	U20 Women Heptathlon
U17 Men Octathlon	U17 Women Heptathlon
U15 Girls Pentathlon (Saturday)	U15 Boys Pentathlon (Sunday)

Guests are welcome but must inform the SEAA of their intention to compete as a guest.

U15/U17 3000m CHAMPIONSHIPS

Saturday 12th June 2021 venue TBC

Closing Date: Tuesday 1st June

Online Entry Fees - £14

WALKS CHAMPIONSHIPS

Sunday 22nd August 2021 at Weir Archer Athletics Centre

Closing Date: Tuesday 10th August

Senior Men, Senior Women, Under 20 Men, Under 20 Women 5000m

Under 17 Men, Under 17 Women, Under 15 Boys, Under 15 Girls 3000m

Online Entry Fees: Seniors - £18, U20s - £15, U15/U17 - £14

U15/U20 INTER COUNTY CHAMPIONSHIPS

Saturday 11th September 2021 at Horspath, Oxford

Closing Date: Tuesday 31st August

***Teams for this Match will be selected by each participating County.
Invitations will be sent to County Secretaries in April.***

Entry Fees: £35 Per Team

VENUE INFORMATION

422A Kingston Rd
Kingston upon Thames
Surrey
KT1 3PB

WEIR ARCHER ATHLETICS CENTRE



HORSPATH, OXFORD



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