

THE SW INTERCOUNTIES

2021 TRACK AND FIELD CHAMPIONSHIPS

SUNDAY JULY 18th
EXETER ARENA

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

COVID RESTRICTIONS

These will still be in place on July 18th and we have planned to run the event accordingly.

There will be two distinct programmes. The morning events are for U13 & U15 athletes and the afternoon events for U17 and above.

Athletes and spectators must NOT attend the session that is NOT for their age group. Any later changes/instructions will be notified to athletes that have entered the championship.

The Arena has imposed maximum numbers with regard to those present in the stadium and therefore entry numbers will be restricted.

We encourage all individuals to leave the stadium as soon as the relevant event has completed. Athletes and spectators from the morning session must leave by 13:15 pm. Athletes and spectators must leave through the main gate adjacent to the Exeter Harriers clubhouse

County team managers will select County teams and notify those athletes who will be representing their County.

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

For detailed guidance on COVID related matters please refer to the file on the SW website <http://www.athleticsouthwest.org.uk/>

COMPETITORS' VESTS

Athletes selected by their County can wear a County vest or a Club vest. Individual athletes must wear their club vest.

DIRECTIONS TO THE TRACK and CAR PARKING

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

There is plentiful free parking at the venue.

The link is

<https://exeter.gov.uk/leisure-and-culture/sport-and-leisure/our-leisure-centres/exeter-arena/>

1. Officials should enter the facility through the Exeter Harriers clubhouse.
2. Coaches will be able to enter the facility without prior notification if they present their coaching accreditation at the entry gate. They will need to sign in at the gate. There will be no admission charge.
3. Details of non-competing spectators will need to be registered on the online form by the athlete that they are accompanying. Only one per athlete is allowed. There will be no admission charge.

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

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.

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. Mixed races may be used to minimise number of races.

False starts

As per UKA Rules

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 attempts are as follows

Three Attempts for Junior Field events.

Four Attempts for Senior Field events.

The high jump and pole vault competitions will proceed in the following manner:
There will a limit of seven jumps for both HJ and PV in all competitions.

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 appropriate referee.

Photography is permitted but should be ‘appropriate’. Any professional photographers must sign in with the Arena.

The event director David Cooke will give further guidance if needed

REFRESHMENTS AND CHANGING

At the moment there are no changing facilities at the Arena – athletes should come changed.

Toilets are available in the main arena stadium.

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 on entry to the track on the day of the competition

Numbers must be worn front and back (except for the vertical jumping events where one number is permissible). 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 – see comments above

DECLARATIONS

Athletes do not need to confirm their attendance on the day, other than to collect their number and sign in at the gate

Athletes who fail to attend will be simply listed as 'DNS' on the field cards and track sheets

If County team managers are aware that athletes have withdrawn before the day of competition they should notify the meeting manager David Cooke by email.

TRACK AND FIELD START LISTS AND LANE ORDER.

These will be posted on the Athletics South West website after the closing date has been reached.

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.

Medals will not be presented but can be collected from the desk near the Harriers pavilion.

FIELD event athletes will be given paper notification of medallists as soon as the event is completed. Medallists should then proceed to the medal presentation area.

TRACK athletes will have to wait until the event result is announced –medallists should then proceed to the medal presentation area.

RESULTS SERVICE

A full set of results will appear on the Athletics SW website <http://athleticssw.uk> and Power of 10 as soon as possible after the event.

No paper results will be posted on the day but results will be announced.

It is hoped also to put the results on Social media

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 issued by the photofinish system 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.