



Avon County AA Championships

(Under UKA Rules)
Sunday 12th May 2024
 At the Yate Outdoor Sports Complex, Broad Lane, Yate,
 Bristol, BS37 7LB

Celebrating 50 years of Avon Athletic Association

The Avon County AA Championships will be held on Sunday 12th May 2024 under UKA Rules. Online entries only for the Championships can be made via [Avon County Track & Field Championships](http://www.avon-aa.org.uk/trackandfield)

**The Closing date for entries is Friday 3rd May 2024.
 NO LATE ENTRIES WILL BE ACCEPTED.**

Eligibility:

For details of the Avon County eligibility criteria please go to <http://www.avon-aa.org.uk/eligible.html>. Athletes who do not meet the eligibility criteria may enter as guests.

Summary of Events

Grey shaded box means that there is no event in this category for your age group.

	01/09/11-31/08/13	01/09/09-31/08/11	01/09/07-31/08/09	01/01/05-31/08/07	On or before 31/12/04	01/09/11-31/08/13	01/09/09-31/08/11	01/09/07-31/08/09	01/01/05-31/08/07	On or before 31/12/04
Age Group School Year*	U13G Year 6 & 7	U15G Year 8 & 9	U17W Year 10 & 11	U20W Year 12 & 13	SW n/a	U13B Year 6 & 7	U15B Year 8 & 9	U17M Year 10 & 11	U20M Year 12 & 13	SM n/a
75m										
100m										
150m										
200m										
300m										
400m										
800m										
1500m										
Shot										
Discus										
Javelin										
Hammer										
Pole Vault										
Long Jump										
Triple Jump										
High Jump										

*School year is a normal indicator but not 100% accurate. The date of birth determines the age group

Provisional timetable

TRACK		FIELD
10:00	800m	10:00 Hammer (all competitors)
11:05	75m/100m Heats	10:00 Long Jump (U17M, U20M, SM, U17W, U20W, SW)
11:45	100mWC	10:15 High Jump (U13 & U15 Min. Starting Height 1.00m)
11:55	300m Heats	11:45 Pole Vault (all competitors)
12:05	400m Heats	11:45 Discus (U15B, U17M, U20M, SM)
12:15	150m/200m Heats	11:45 Shot (all female competitors)
12:40	200m WC	12:30 Triple Jump (all competitors)
Track Interval 12:50-13:30		13:00 Shot (all male competitors)
13:30	75m/100m Finals	13:00 Discus (U13B, U13G, U15G, U17W, U20W, SW)
14:00	1500M (U17,U20,SM,SW)	14:00 High Jump (U17, U20 & Seniors)
14:30	150m/200m Finals	14:30 Javelin (all competitors)
14:40	300m Finals	14:40 Long Jump (U13B, U15B, U13G, U15G)
14:50	400m Finals	
15:00	4 x 100m Relays	

Please see notes below:

We will do our best to stick closely to this timetable, but it is dependent on entry numbers. A final timetable will be available on the Avon AA website www.avon-aa.org.uk asap after the closing date for entries. It is your responsibility to check the time of your event and to arrive at least 1 hour prior to this to collect your numbers. We reserve the right to withdraw events with only 1 competitor entered and will refund any entry fees for these events.

We will not be operating a call room. For all field events please report to the event 20 minutes prior to the published event time for warm up, except pole vault which is 45 minutes. For track events please report to the event start area at least 10 minutes prior to the published start time.

Please can adaptive athletes email sagrant@blueyonder.co.uk once they have entered, to enable us to seed races correctly and ensure we have the correct equipment available for field events.

All hurdles events will be held at the Yate Sprints and Hurdles on Sunday 14th April 2024. There will not be any hurdle events on the 12 May.

The U13 & U15 1500m CHAMPIONSHIP RACES will be held at the Avon Open meeting at WISE on the 25th June. Entry for these races will be via the open meeting online system. No entries will be allowed on the night for these 1500m races. The event also incorporates the Quadkids Championships. <https://www.entrycentral.com/festival/3657>

Steeplechase and 3000m events are being held at the Somerset County Championships on the 11 and 12 May at The Bill Whistlecroft Arena, Yeovil. Entries are now open: [Roster Athletics . Somerset County AA Track and Field Championship](#) Masters events are also being held, but entrants will not be eligible for Avon County Medals, for steeplechase M60+ masters will run with the senior women over the 76.2cm barriers. See note below regarding Avon County Championships Masters event.

Qualification for finals: If 2 heats the 1st 3 from each heat and next 2 fastest on time, if 3 heats the 1st 2 from each heat and next 2 fastest on time and if 4 heats the winners from each heat and next 4 fastest on time.

Maximum number of events is 3 for U13s, U15s and U17s; 5 for U20s; and unlimited for Seniors.

In the horizontal jumps and throws U13, U15 & U17 competitors will be allowed four trials and U20 and Senior competitors will be allowed 6 trials.

Championship medals will only be awarded to athletes using senior weight implements. Masters will be allowed to throw either the senior weight, or the one for their age category. A Masters Open is being held on Sunday 21st July at Yate, which incorporates the Avon County Masters Championships. Avon qualified athletes will be able to contend for a Masters County Championship medal, which will be awarded by age category. Online entry details will be made available soon.

We will be holding relay races to end the meeting. Teams can be entered on the day before 12pm by completing and returning the paper form at the registration desk. Payment of £10 cash per team is required on the day when submitting your entry. Late entries will not be allowed but team substitutes can take place. Teams can either be mixed - two boys/men and two girls/women from the same club, or 4 boys/men or 4 girls/women from the same club. The athletes must be from the same age group to compete and can only compete in one team. County Medals will be awarded to the winning teams for each category.

Fees:

U13, U15, U17: £10 for first event; £3 for each subsequent event
(Avon AA championship medals will be awarded for first 3 Avon Qualified Athletes)
U20, Senior: £10 for first event; £3 for each subsequent event
(Avon AA championship gold medals will be awarded to Avon Qualified Athletes in all events. Silver will only be awarded if there are three competitors in the event and bronze will only be awarded if there are four or more competitors)

We aim to present medals at intervals during the day. This will only be possible if sufficient help is forthcoming. A lesser option is to have a medals desk where medals may be collected or without help medals will be distributed after the meeting to clubs for their members.

Screenshot of Disclaimer contained within entry portal confirming fitness to compete and compliance with anti-doping requirements.

Event Disclaimer

I agree to abide by UKA rules. I am medically fit to compete and understand that I enter at my own risk and that the organisers will not be held responsible for any injury, illness or damage to me or my property which I may sustain in the course of, or as a result of, any of the athletic events listed.

It is the responsibility of athletes to ensure that they enter only those events in which they are able to compete within the programme timing of the meeting.

All entrants shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the licence holder is a citizen of, or resident in, the UK.'

☐ *Check this box to indicate that you agree to all terms of the organisers' event disclaimer.*