

Nottinghamshire and Derbyshire Track and Field County Championships Athletes Information

Athletes for track events must **register in person** in the **Derby AC club house** no later than **1 hour** before your event is timetabled to begin.

Athletes to report **in person, each day** for all events, please retain numbers for use on both days.

Any track athlete who does not register in the club house for each of their events WILL NOT be allowed to compete. Own starting blocks may be used.

Athletes for field events to report direct to event **30 minutes** before event is due to begin.

Private throwing implements to be presented to equipment room for checking at least **1 hour** before event is timetabled to begin. Pole Vaulters **Must** provide own poles as no Stadium Poles.

Numbers are to be worn **front and back** (except for pole vault and high jump), please pin number at each corner.

Club, School, County, or National vest or other representative vest **MUST** be worn by all competitors (rule 143)

U13, U15 and U17 athletes may compete in a maximum of three individual events on one day (rule 141)

U20 athletes may compete in a maximum of 5 events in one day (rule 141)

No electronic devices to be used in competition area for Health & Safety reasons. **Failure to comply may lead to disqualification.**

Only **Officials** and **competing Athletes** to be allowed in the competition area for health & safety reasons. Please **do not** cross the infield.

In field events (except high jump and pole vault) all athletes will have four trials, (a further 2 trials will be allowed if achieving grade 1). Senior and masters will have six trials.

Progression for pole vault will be in no less than 10cm intervals, progression for high jump will be in no less than 5 cm intervals, this is until 3 athletes remain or at lead official's discretion.

There will be no Jump off held for vertical jumps in the event of a tie (rule 181 (8))

Length of spike is limited to 6mm

The false start rule will apply to all competitors; i.e. no false starts for any age group over and including u17.

Qualification for Track finals shall be 1st place and the appropriate number of fastest losers.

Rule 166(3) applies, ***Athletes shall be excluded from participating in further events including relays, when they have qualified in heats (including field events) but then do not compete without giving a valid reason to the referee.***

All members of relay teams must have the same county qualification (i.e. all Nottinghamshire or all Derbyshire) and wear the same registered club colours. Athletes can only compete in relay team for first claim club. **There will be a strict 45 minute only declaration time advertised on timetable.**

Masters categories are as follows Ladies and Men, 35 to 49, 50 to 59 and 60+.

Presentation will be approximately 45 minutes after the event finishes. If athletes do not collect medals at presentation time they may not always be presented on the podium. All trophies must be signed for by athlete (Parent or Guardian if under 18).

If you choose to enter more than one event, then the times of these may clash, we will do our best to avoid this but cannot guarantee it.

In the event of unforeseen circumstances there will be no refund of entry fee.

Officials to park outside the Derby AC clubroom. Athletes and spectators are to park in the swimming pool car park. There will be NO Parking on the grass in the stadium grounds.

Starting Heights

Women	u13g	u15g	u17w	u20w	Sen w	M 35-49w	M 50-59w	M60+w
High Jump	1.05m	1.15m	1.25m	1.25m	1.25m	1.25m	1.25m	1.25m
Pole Vault	-	1.50m	1.50m	1.50m	1.50m	-	-	-

Men	u13b	u15b	u17m	u20m	Sen m	M 35-49m	M 50-59m	M60+m
High Jump	1.10m	1.20m	1.30m	1.40m	1.50m	1.25m	1.25m	1.25m
Pole Vault	-	1.50m	1.75m	2.10m	2.10m	1.50m	1.50m	1.50m

Implement Weights

Women	u13g	u15g	u17w	u20w	Sen w	M 35-49w	M 50-59w	M60+w
Discus	-	1kg	1kg	1kg	1kg	-	-	-
Hammer	-	3kg	3kg	4kg	4kg	4kg	3kg	3kg
Javelin	400g	500g	500g	600g	600g	-	-	-
Shot	2.72kg	3kg	3kg	4kg	4kg	4kg	3kg	3kg

Men	u13b	u15b	u17m	u20m	Sen m	M 35-49	M 50-59	M60+
Discus	-	1.25kg	1.5kg	1.75kg	2kg	2kg	1.5kg	1kg
Hammer	-	4kg	5kg	6kg	7.26kg	7.26kg	6kg	5kg
Javelin	400g	600g	700g	800g	800g	-	-	-
Shot	3.25kg	4kg	5kg	6kg	7.26kg	7.26kg	6kg	5kg