



## **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**

Crystal Palace National Sports Centre  
Ledrington Road  
London  
SE19 2BB

[www.seaa.org.uk](http://www.seaa.org.uk)

Telephone: 020 8778 7167

Email: [competitions@seaa.org.uk](mailto:competitions@seaa.org.uk)

Twitter: [@SEAAcompetition](https://twitter.com/SEAAcompetition)

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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](http://www.ukad.org.uk)

To check the status of registered medicines please visit [www.globaldro.com](http://www.globaldro.com) For general anti-doping queries please contact [antidoping@uka.org.uk](mailto: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 - Bedford**

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

Online entries available late March 2021 onward at [www.seaa.org.uk](http://www.seaa.org.uk)

**Closing Date: Tuesday 1<sup>st</sup> 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 21<sup>st</sup> & Sunday 22<sup>nd</sup> 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](http://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.**

**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.



# U15/U17 CHAMPIONSHIPS

**Saturday 21st & Sunday 22nd August 2021**

**at Weir Archer Athletics Centre, Kingston**

**Online Entry Fees** – U13s £11 - U15/U17 £14 - Seniors £18 (Walks) - U20s £15 (Walks)

Online entries available late March 2021 onward at [www.seaa.org.uk](http://www.seaa.org.uk)

**Closing Date: Tuesday 10<sup>th</sup> August 2021**

## SATURDAY

<u>U15 Boys</u>	<u>U17 Men</u>	<u>U15 Girls</u>	<u>U17 Women</u>
200m	100m	100m	200m
300m Heats	400m Heats	300m Heats	400m Heats
800m Heats	800m Heats	800m Heats	800m Heats
1500m Heats	1500m Heats	1500m Heats	1500m Heats
80mH Heats	400mH Heats	75m Hurdles	300mH Heats
Pole Vault (2.30m)	1500m S/C Final	High Jump (1.40m)	1500m S/C Final
Triple Jump (11/9m)	High Jump (1.65m)	Long Jump	Pole Vault (2.20m)
Hammer (4kg)	Long Jump	Shot (3kg)	Triple Jump (11/9m)
Javelin (600gms)	Shot (5kg)	Discus (1kg)	Hammer (3kg)
	Discus (1.5kg)		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

<u>U15 Boys</u>	<u>U17 Men</u>	<u>U15 Girls</u>	<u>U17 Women</u>
100m	200m	200m	100m Final
300m Final	400m Final	300m Final	400m Final
800m Final	800m Final	800m Final	800m Final
1500m Final	1500m Final	1500m Final	1500m Final
	100m Hurdles		80m Hurdles
	400m Hurdles Final		300m Hurdles Final
High Jump (1.50m)	Pole Vault (2.80m)	Pole Vault (1.90m)	High Jump (1.45m)
Long Jump	Triple Jump (13m/11m)	Triple Jump (9/7m)	Long Jump
Shot (4kg)	Hammer (5kg)	Hammer (3kg)	Shot (3kg)
Discus (1.25kg)	Javelin (700gms)	Javelin (500gms)	Discus (1kg)

**Sunday 22<sup>nd</sup> 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 3<sup>rd</sup> & Sunday 4<sup>th</sup> 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](http://www.seaa.org.uk)*

**Closing Date: Tuesday 22<sup>nd</sup> 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

**Sunday 13<sup>th</sup> June 2021 venue TBC**

**Closing Date: Tuesday 1<sup>st</sup> June**

**Online Entry Fees** – £14

## WALKS CHAMPIONSHIPS

**Sunday 22<sup>nd</sup> August 2021 at Weir Archer Athletics Centre**

**Closing Date: Tuesday 10<sup>th</sup> 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 11<sup>th</sup> 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



Horspath Road  
Oxford  
OX4 2RR

Tel: 01865 249 811