



BERKSHIRE ATHLETICS

www.berkshireathletics.org.uk

BERKSHIRE ATHLETICS TRACK & FIELD CHAMPIONSHIPS 2024 **(UNDER UKA RULES)**

Thank you for entering the above meeting. Please read and note all of the following.

1. There will be no late entries after the closing date.
2. Competitors must register 45 minutes before their first event each day.
If you are competing on both days you must register on both days. Failure to do so will mean you will not be able to compete. Please keep your numbers and pins for both day. Registration will be at the top of the stand by the announcer box.
3. No guests are allowed in any event.
4. Medals will be awarded to the first three in each event. Presentations of medals will take place as soon as possible after each event.
5. If one competitor is present at an event it will be held
6. In Field events (except High Jump and Pole Vault) each competitor will be allowed three trials with a further three trials for the best six athletes.
7. In there are insufficient competitors for heats, a final will be held at the time scheduled for the heats.
8. Qualification from Heats to Final
Qualifies to Finals will be announced and displayed on the notice board at the back of the stand.

75m, 100m & sprint hurdles:

2 heats: First 3 from each heat plus 2 fastest losers to Final.

3 heats: First 2 from each heat plus 2 fastest losers to Final.

150m, 200m, 300m, 400m, 300mh & 400mh hurdles

2 heats: First 2 in each heat plus 2 fastest losers to Final.

3 heats: First in each heat plus 2 fastest losers to Final.

800m using lanes

2 heats: First 2 in each heat plus 2 fastest losers to Final.

3 heats: First in each heat plus 3 fastest losers to Final.

If only 10 athletes turn up it will be 1 race starting off the curve line

U13s can only run 1 race of 600m and above in one day and U15s only 1 race of 800m and above. If 2 or more races are required because of high number of competitors medals will be decided on the 3 fastest times overall.

THE ATHLETIC ASSOCIATION FOR THE ROYAL COUNTY OF BERKSHIRE
President: Ms Jill Wright
Promoting Athletics in the Royal County of Berkshire



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9. If you qualify from a heat to final and withdraw from that final you must inform the Track Referee. You will not be able to compete in further events including Field Events
10. Numbers must be worn front and back in all events except in jumping events, where one number may be worn on the front of the torso or back.
11. All athletes **MUST** wear first claim affiliated Club, School, County, Territorial or National vest.
12. Athletes must report to their events as follows:
 - Track: 10 minutes before the start of event.
 - Field: 15 Minutes before the start of event.
 - No warm up throws or jumps must be taken without their being an event official present.
13. For safety reasons the use of personal electronic equipment is banned from the competition areas and mobile phones **MUST** be switched off. The competition area is within the fencing around the track.
14. There are no stadium blocks. Personal blocks may used.
15. Entrance to the stadium is via the side gate down the path to the left of the swimming pool. Do not enter through the Main Entrance.
16. Only officials, competitors and stadium staff are allowed in the competition area.
17. Welfare.
 - If you have any Welfare issues during the meeting Reading AC's Welfare Officer, Bharti Dhir, will be provide welfare cover on both 11th and 12th May and will available in the cafe in the Reading Clubhouse on both days.
18. Please note the following UKA Rule:
 - TR7 S2 UKA Supplement Misconduct (Spitting)
 - Spitting (or similar) in warm up, call room, competition or any other public area may be regarded as acting in an unsporting or improper manner and treated as a conduct offence and will be dealt with by a warning disqualification (yellow card and/or red card offence.)
 - The Event Referee will determine whether a yellow or red card is shown.
 - This determination may apply a red card where spitting directly towards an individual or persistent spitting but a yellow for less serious offences. Athletes should be aware that different interpretations may apply from event to event. Warnings or disqualifications under this rule cannot be appealed as the Referee's decision is final (Rule TR8 S1(2)(iii))

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19. CAR PARKING

Please be aware that there is a camera car park charging system in operation at Palmer Park as follows:

Please read the signs regarding payment.

It is your responsibility to pay any charges incurred by yourself.

None payment will result in you receiving a substantial charge from the company who operate the car park on behalf of the Stadium.

Berkshire Athletics will not be responsible for payment of any charges incurred by yourself.

If the car park is full there is an overflow car park, onto grass, on the right just before you enter the main car park.

We look forward to seeing you on the day.

All enquiries should be sent to me at: berkshiretandf@gmail.com

Malcolm Charlish,
Track &Field Championship Secretary
Berkshire Athletics