



STRATFORD UPON AVON AC 2021 TRACK & FIELD CHAMPIONSHIPS
on Sunday 12th September 2021
Registration starts 9.15am : First Events at 10.00am

The Championships will be run under the prevailing England Athletics COVID-19 guidelines.

The Club Championships is the single most important competitive event in the year for SUAAC and is open to everyone in the seniors and juniors. There is a huge amount of effort that goes into organising and running the Championships by our volunteers and our hope and expectation is that all our athletes will prioritise the event over other activities and enter and support the club.

Whilst the event is competitive, in some cases this is the first opportunity for an athlete, particularly the youngsters, to enjoy the thrill of competition and to pit themselves against their peers **but** it is more important to compete against the clock and the tape measure and to try to either set a personal best or improve an existing one.

We have applied for the event to be licensed by UKA and led by our volunteer trained officials, supported by the club coaches and parents, which means results can be submitted to the Power of10, although they reserve the right to accept or not results from club run events.

The Championships for juniors will be run on a Multi Event basis under the following format:-

- For the Club Championship competition, junior athletes need to compete in 2 **events i.e. 1 Track, 1 Field**. However, athletes can choose to just compete in a single event.
- Indicate with **C** your chosen 'Championship Events' on the Timetable Entry form below **(yellow section)**. Please note Under 13s and 15s can only compete in **either** the 800m **or** the 1500m not both. U11s can't compete in either.
- Points are allocated to the 2 nominated track & field Championship events to make up an individual athletes score in their respective age/gender group.

Separate from the main competition, all competitors are allowed to compete in the other Track or Field events in the programme to either set a Seasons/Personal Best or try for a new one.

- Competing for PBs will be limited to 3 events. Indicate with **P** on the entry form the "Personal Best Event".
- Senior Competitors can compete in as many events as they wish.

For the Championship and depending on the respective age group all athletes choose:

One track (i.e. 75,150,100/200/300/400/600/800/1500/sprint & long hurdles)

One field (LJ/TJ/HJ/SP/JT/Howler)

No other events are included.

The **provisional schedule is:-**

10.00-12.15 male track, female field

12.45-3.00 female track, male field

- The provisional timetable is below but please note timings may change and a more detailed timetable will be issued nearer to the competition when we know how many competitors we have in each event but the events won't change.
- The field events will run concurrently and be open for at least an hour so that athletes can focus on the track but then go to their field event e.g.

Female:

10.00 to 11.00 LJ, Discus & SP

11.15 to 12.15 TJ, Howler, High Jump & JT

Male:

12.45 to 1.45 LJ, Discus & SP

2.00 to 3.00 TJ , Howler, High Jump & JT

If Track and Field events clash on the timetable the Track events take priority over Field events and the Championship events take priority over Personal Best events. Athletes will be able to go back to their field event after the track event within the allotted timescale.

Athletes can wear spikes and should wear a club vest or T shirt if they have them but if not athletes should wear an appropriate plain white or yellow T shirt (not football shirts etc). You can purchase club kit from <https://www.stratfordac.co.uk/shop/> but please don't leave it until the last minute.

How to apply :-

To apply go to the Track & Field Entry Form spreadsheet below and follow the instructions to complete the yellow boxes.

Please just send the entry form in well before the deadline i.e. **8th September** at the latest to **Carolyn Johnston at stratford-athletics@outlook.com (no manual forms can be accepted)** so the vast amount of preparation for the day isn't a last minute rush for the team who organise it in their own time. Please keep a copy of your events for your reference.

Parents/Carers : The Club Championships is a collective effort between everyone (not just the regular volunteers) involved in the club and the success of the event for the athletes relies on people helping on the day. We will be delighted to see your child taking part, however, the champs can't run unless we have all "hands to the pumps" and we would like to thank in advance the many parents/supporters who step forward to volunteer to help to make the champs run smoothly and safely.....no help no champs.

For the juniors a parent/carer will be required to accompany their child and be responsible for them during the competition and to get them to their respective events.

Depending on the prevailing Covid guidelines we are hoping to run the fun Novelty Events at the end of the event and we will be having a **Tombola** again this year.

If you have any queries please contact the respective Age Group Leader

Paul Bearman