

## COLLABORATION

The Lincolnshire T&F county championships are being staged in collaboration with Humber T&F county championships, sharing the venues, administration and officials.

## VENUES

**Day 1** (Saturday **11th May 19**) is at South Kesteven Sports Stadium, Trent Road, GRANTHAM, NG31 7XQ

**Day 2** (Sunday **12th May 19**) is at Costello Stadium, Anlaby Park Road North, Kingston-upon-HULL, HU4 6XQ

The U20/Sen/Vet Men's 10,000m is on **Sat May 4th** at Costello Stadium, Hull.

## LINCOLNSHIRE COUNTY QUALIFICATION

All competitors must be qualified by being (a) born in Lincolnshire\* or (b) resident in Lincolnshire continuously for nine months immediately prior to the competition.

\* or born outside of Lincolnshire (e.g. in Peterborough Hospital) but birth-mother was a resident of Lincolnshire at the time of the birth.

The qualification may be relaxed for school children and college/university students in term-time residence in Lincolnshire - contact [laa@lincsathletics.com](mailto:laa@lincsathletics.com) first.

## AGE GROUPS

U11s must aged 9 or 10 on **Day 2** above; Veterans must be aged at least 35 on **Day 2** above. Upper age limit: as at 31st August of this year, except U20/Senior boundary being 31st December of this year.

## ELIGIBILITY TO COMPETE

As well as the above county qualification, members of UKA-affiliated clubs **must** be registered with a **current** URN.

**Unattached** athletes with a county qualification can compete in this year's championships, but will need to possess a valid URN to compete in future years.

## ENTRY FEES

1st event for U11, U13, U15 & U17: **£5**. Each additional event **£2**.

1st event for U20, Senior, Vet: **£6**. Each additional event **£2**.

## CLOSING DATE FOR ENTRIES

Entries will be accepted until **5pm on Fri 26th April 2019**.

**NO LATE NOR POSTAL ENTRIES WILL BE ACCEPTED.**

## REGISTRATION & START TIME

Registration will begin at 09:00 on both days. Track and Field events will commence at **11:00** on both days.

## CLOTHING

Competitors must wear vest and shorts (or equivalent) and be designed and worn as not to be objectionable, even when wet. The vest must be that of their first-claim affiliated club, county, area or nation. Numbers must be worn as issued.

## HEATS / FINALS / TIME-TRIALS

Where necessary, track events may be split into Heats / Semi-Finals / Finals.

Two heats: fastest 3 each + 2 fastest others progress to final;

Three heats: fastest 2 each + 2 fastest others progress to final;

Four heats: fastest 3 each + 4 fastest others progress to semi-finals; fastest 3 each + 2 fastest others progress to final.

At the discretion of the organisers, U11 events may instead be time-trials.

## EQUIPMENT

Athletes may use their own equipment, provided that it is submitted for checking before use. Only starting blocks provided by the Stadium may be used.

## LINCOLNSHIRE AWARDS

Woven County badges will be awarded to those athletes finishing 1st, 2nd or 3rd in the final round of each male/female age-group event.

## ONLINE ENTRIES

<https://events.Englandathletics.org/event/search>