

**Rule T3 S2 UKA Supplement**

- 1i) U13 & U15 athletes may compete in a maximum of 4 events on one day of an athletics meeting, & if so doing, one of these must be a relay.  
 1 v) & 2 iv) No U13 U15 athlete may compete in more than one race between 600m & 1 mile(U13), 3000m (U15) on the same day.

<b>11.00</b>	5000m	U17+ M & W				
<b>11.25</b>	Hurdles	70m U13G	75m U13 B U15 G	80m U17W U15B	100m U17M	
<b>12.00</b>	800m	U13 B & G	U15 B & G	U17+		
<b>12.30</b>	600m	U11				
<b>12.40</b>	200m	U15 B & G	U17 +			
<b>13.00</b>	150m	U11 B & G				
<b>13.15</b>	150m	U13 B & G				
<b>Track Break</b>						
<b>13.45</b>	400m	U17+				
<b>13.55</b>	1200m	U13 B & G				
<b>14.10</b>	300m	U15 B & G	U17W			
<b>14.20</b>	1500m	U15 B & G	U17 B & G			
<b>14.35</b>	100m	U13 B & G	U15 B & G	U17+		
<b>15.00</b>	1500m S/C	U15 B & G	U17 J/S M & W	Developmental event. Barriers at 0.762m		
<b>Relays – Entries taken on the day between 12.30 &amp; 14.00</b>						
	Relay	4 x 75m	U11 B & G	Mixed teams allowed		
	Relay	4 x 100m	U13 B & G	<b>No entry fee for RELAYS</b>		
	Relay	4 x 200m	U15 B & G U17+	BUT you must register between 12.30-14.00		
	<b>Hammer/HJ</b>	<b>L J</b>	<b>Shot</b>	<b>Javelin</b>	<b>Discus</b>	<b>Vortex</b>
<b>10.30</b>	U17+ M & W	U11 B & G	U13 B & G			
<b>11.30</b>		U17+ M&W	U15 B & G		U17+ M & W	U11 B & G
<b>12.45</b>			U17+ M & W		U13 & U15 B & G	
<b>13.30</b>	U15 B & G	U13 G & B				U11 B & G
<b>14.15</b>	U13 B&G HJ	U11 B & G		U13 & U15 B & G		
<b>15.00</b>		U15 G & B		U17+ M & W		
	U11 600m	Long Jump	Vortex	U11 150m	Long Jump	Vortex

Please enter via <https://meets.rosterathletics.com/public/competitions/details/about?id=24181>

Entry fees:						
U11	£10	600m	Long Jump	Vortex	U11	£10 150m Long Jump Vortex
<b>U13 &amp; above</b>				<b>£5 per event</b>		

Enquiries to: [ally@fitmums.org.uk](mailto:ally@fitmums.org.uk)

Closing date by which Entries AND payments must be submitted is 23:59 Sunday 27<sup>th</sup> August 2023