

# SEAA

## 2026 Southern Outdoor Track & Field Prospectus

Under UKA Rules

Supported By

Photos courtesy of Mike Fleet



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# CONDITIONS OF ENTRY

## ENTRIES

Online Entries will be available from mid-April on the **Roster Website**.

**IT IS SEAA POLICY NOT TO ACCEPT ANY LATE ENTRIES. THE CLOSING DATE FOR ENTRIES AS STATED IS THE LATEST DATE BY WHICH AN ENTRY MUST BE RECEIVED. ONCE THIS DATE HAS PASSED THE ONLINE ENTRY SYSTEM WILL CLOSE.**

**ENTRY FEES ARE NON-REFUNDABLE AFTER THE REGISTRATION CLOSING DATE.**

The entry declaration must be completed by the intending competitor, or someone who is authorised to act on their behalf, who shall be responsible for all statements therein and any omissions therefrom, whether the athlete made the entry or not. Any individual making a false entry may be dealt with for misconduct (as defined in Rule TR7 S1).

In the event of any meeting alteration or cancellation the SEAA will only be liable for a refund of entry fees paid subject to a 20% deduction (to cover some of the non-refundable costs)

## AGE GROUPS

**U14s-** Must be 12 years of age but under 14 years of age at midnight on August 31st 2026.

**U16s-** Must be 14 years of age but under 16 years of age at midnight on August 31st 2026.

**U18s-** Must be 16 years of age but under 18 years of age at midnight on August 31st 2026.

**U20s-** Must be 18 years of age at midnight on August 31st 2026 but under 20 years at midnight December 31st 2026.

**Seniors-** Must be 20 years of age at midnight December 31st 2026.

Athletes may compete outside their age group as defined in UKA Rule TR3 S2 but cannot compete in the same event in two different age groups within the same competition.

Athletes can compete up one age group but cannot compete down an age group.

## Guidance for Disability inclusion in SEAA Championships

Ambulant athletes are welcome to participate in all SEAA Championships. The following Guidelines will apply:

**Track events:** Ambulant athletes will compete as part of the full field and may progress through the rounds as appropriate.

**Field events:** Throws - Athletes can choose to throw the weight of implement appropriate to their classification and will get six attempts.

**Jumps** - Ambulant athletes will compete as part of the full field and will get six attempts.

Athletes must ensure that their classification is selected on their Roster profile if competing as a Para Athlete to ensure that officials are correctly informed.

# ELIGIBILITY TO COMPETE

**All Athletes must be registered with England Athletics and a member of an EA Affiliated Club.** Failure to provide a valid EA 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 G2 S6 (2)**

## **RULE G2 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 G2 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.**

## **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 [ukad@ukad.org.uk](mailto:ukad@ukad.org.uk)

# EVENT INFORMATION

Please ensure you read this section thoroughly.  
Athletes are expected to meet the starting heights and distances below.

## CLOTHING

Athletes must wear the vest of their First Claim affiliated Club, County, Area or National vest. In accordance with **UKA Rule TR5 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 TR5 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.

## EQUIPMENT

**Spike Length** - The maximum length of spikes is 6mm on all surfaces (except for Javelin and High Jump where 9mm 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.**

**Shoes** - Athletes must comply with all Regulations relating to the wearing of Athletic Shoes approved by the Council.

More information can be downloaded from the World Athletics website here: [Athletic Shoe Regulations](#).

A full list of approved shoes can be found here: [List of Approved Athletic Shoes](#).

**Personal equipment must be submitted to the Technical Manager for checking at least one hour before your event time.**

### HIGH JUMP STARTING HEIGHTS

- Senior Men – 1.80m
- Senior Women – 1.55m
- Under 20 Men – 1.70m
- Under 20 Women – 1.50m
- Under 18 Men – 1.65m
- Under 18 Women – 1.45m
- Under 16 Boys – 1.50m
- Under 16 Girls – 1.40m
- Under 14 Boys – 1.25m
- Under 14 Girls – 1.20m

**All age groups progress in 5cm increments until three (or fewer) athletes are left in then by 3cm**

### TRIPLE JUMP BOARDS

- Senior Men – 13m
- Senior Women – 11m
- Under 20 Men – 11/13m
- Under 20 Women – 9/11m
- Under 18 Men – 11/13m
- Under 18 Women – 9/11m
- Under 16 Boys – 9/11m
- Under 16 Girls – 7/9m

### 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
- U18 Men – 2.90m, 3.10m, 3.30m, 3.45m, 3.60m then 10s
- U18 Women – 2.20m, 2.40m, 2.60m then 10s
- U16 Boys – 2.30m, 2.50m, 2.70m then 10s
- U16 Girls – 1.90m, 2.10m then 10s

# U20/SENIOR CHAMPIONSHIPS

Saturday 6th & Sunday 7th June at Bedford, Bedfordshire MK41 9SB

Online Entry Fees: U20/Seniors - £21



Closing Date: Tuesday 26th May

## SATURDAY

<u>U20 Men</u>	<u>Senior Men</u>	<u>U20 Women</u>	<u>Senior Women</u>
100m	200m	100m	200m
400m Heats	400m Heats	400m Heats	400m Heats
800m Heats	800m Heats	800m Heats	800m Heats
1500m Heats	1500m Heats	1500m Heats	1500m Heats
400m Hurdles Heats	400m Hurdles Heats	400m Hurdles Heats	400m Hurdles 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 (11/13m)	Long Jump	Shot (4kg)	Hammer (4kg)
Hammer (6kg)	Shot (7.26kg)	Discus (1kg)	Javelin (600gms)
Javelin (800gms)	Discus (2kg)		

The U14 1200m/U16 1500m/U18 2000m Steeplechase races are being held on Saturday 6th June  
The U16/U18 3000m Championship is being held on Sunday 7<sup>th</sup> June

## SUNDAY

<u>U20 Men</u>	<u>Senior Men</u>	<u>U20 Women</u>	<u>Senior Women</u>
200m	100m	200m	100m
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 (9/11m)	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:** The SEAA 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 14 CHAMPIONSHIPS

Saturday 27th & Sunday 28th June at Chelmsford, Essex CM1 2EH

Online Entry Fees: £15 per event

Registration Closing Date: Tuesday 16th June

## SATURDAY

100m (U14B)  
200m (U14G)  
800m Heats  
1500m Heats  
75m Hurdles (U14G)  
Long Jump (U14G)  
High Jump (U14G)  
(1.20m start height)  
Shot (U14G – 2.72kg)  
Javelin (U14B – 500g)  
Discus (U14G – 0.75kg)

## SUNDAY

100m (U14G)  
200m (U14B)  
800m Final  
1500m Final  
80m Hurdles (U14B)  
Long Jump (U14B)  
High Jump (U14B)  
(1.25m start height)  
Shot (U14B – 3kg)  
Javelin (U14G – 400g)  
Discus (U14B – 1kg)

**NOTE: UNDER 14/16/18 ATHLETES MAY ONLY COMPETE  
IN MAXIMUM THREE EVENTS PER DAY.**

**No U14/U16 athlete is allowed to run in more than one event between  
600m & 3000m inclusive on the same day. Therefore, U14/U16 athletes  
may only run in either 800m or 1500m heats on the same day – UKA Rule  
TR3 S2.**

**SEAA RESERVES THE RIGHT TO HOLD EVENTS ON DIFFERENT DAYS  
IF DEMAND REQUIRES.**

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# U16/U18 CHAMPIONSHIPS

Saturday 27th & Sunday 28th June at Chelmsford, Essex CM1 2EH

Online Entry Fees: U16/U18 - £18; U20/Seniors/Masters - £21 (Walks)

Registration Closing Date: Tuesday 16<sup>th</sup> June

## SATURDAY

### U16 Boys

200m  
300m Heats  
800m Heats  
1500m Heats  
100m Hurdles  
Pole Vault (2.30m)  
Triple Jump (9/11m)  
Hammer (4kg)  
Javelin (600gms)

### U18 Men

100m  
400m Heats  
800m Heats  
1500m Heats  
400m Hurdles Heats  
High Jump (1.65m)  
Long Jump  
Shot (5kg)  
Discus (1.5kg)

### U16 Girls

200m  
300m Heats  
800m Heats  
1500m Heats  
80m Hurdles  
High Jump (1.40m)  
Long Jump  
Shot (3kg)  
Discus (1kg)

### U18 Women

100m  
400m Heats  
800m Heats  
1500m Heats  
400m Hurdles Heats  
Pole Vault (2.20m)  
Triple Jump (9/11m)  
Hammer (3kg)  
Javelin (500gms)

## SUNDAY

### U16 Boys

100m  
300m Final  
800m Final  
1500m Final  
High Jump (1.50m)  
Long Jump  
Shot (4kg)  
Discus (1.25kg)

### U18 Men

200m  
400m Final  
800m Final  
1500m Final  
110m Hurdles  
400m Hurdles Final  
Pole Vault (2.90m)  
Triple Jump (11/13m)  
Hammer (5kg)  
Javelin (700gms)

### U16 Girls

100m  
300m Final  
800m Final  
1500m Final  
Pole Vault (1.90m)  
Triple Jump (7/9m)  
Hammer (3kg)  
Javelin (500gms)

### U18 Women

200m  
400m Final  
800m Final  
1500m Final  
100m Hurdles  
400m Hurdles Final  
High Jump (1.45m)  
Long Jump  
Shot (3kg)  
Discus (1kg)

**Sunday 28th June Walks:** Senior Men & Women, U20 Men & Women 5000m Walks,  
U18 Men & Women, U14/U16 Boys & Girls 3000m Walks

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# U14 1200m STEEPLECHASE, U16 1500m STEEPLECHASE & U18 2000m STEEPLECHASE CHAMPIONSHIPS

**Saturday 6th June at Bedford, Bedfordshire MK41 9SB**

**Closing Date: Tuesday 26th May**

**Online Entry Fees: U16/U18 - £18; U14 - £15**

## U16/U18 3000m CHAMPIONSHIPS

**Sunday 7th June at Bedford, Bedfordshire MK41 9SB**

**Closing Date: Tuesday 26th May**

**Online Entry Fees – £18**

## ALL AGES WALKS CHAMPIONSHIPS

**Sunday 28th June at Chelmsford, Essex CM1 2EH**

**Closing Date: Tuesday 16th June**

Masters, Senior Men, Senior Women, Under 20 Men, Under 20 Women: 5000m

Under 18 Men, Under 18 Women, Under 14/16 Boys, Under 14/16 Girls: 3000m

**Online Entry Fees: U20/Seniors/Masters - £21; U16/U18 - £18; U14 - £15**

Masters Medals will only be awarded for the first 3 overall Masters Men (M40+) and Women (W40+)

## SENIOR INTER COUNTY CHAMPIONSHIPS

**Saturday 12th September at Kingston, Surrey KT1 3PB**

**Closing Date: Tuesday 2nd September**

*Teams for this Match will be selected by each participating County.*

*Invitations will be sent to County Secretaries in April.*

## U16/U18 INTER COUNTY CHAMPIONSHIPS

**Sunday 13th September at Kingston, Surrey KT1 3PB**

**Closing Date: Tuesday 2nd September**

*Teams for this Match will be selected by each participating County.*

*Invitations will be sent to County Secretaries in April.*

# VENUES INFORMATION

Bedford International  
Athletics Stadium  
Barkers Lane  
Bedford  
MK41 9SB



**Bedford**

## Chelmsford, Essex



Chelmsford Sports &  
Athletics Centre  
84-64 Salerno Way  
Chelmsford  
CM1 2EH  
Tel: 01245 605666

Weir Archer Athletics Stadium  
Kingston Road  
Kingston Upon Thames  
KT1 3PB



**Kingston Upon Thames**