



**LANCASHIRE ATHLETIC ASSOCIATION**  
**33<sup>rd</sup> TRACK & FIELD CHAMPIONSHIP**

**STANLEY PARK SPORTS ARENA, BLACKPOOL**

**9<sup>th</sup>/10<sup>th</sup> May 2026 - Licence OUT 26/029**

**ONLINE ENTRIES ONLY Via Roster Athletics**

**Closing date: 19<sup>th</sup> APRIL 2026.**

**Regulations for entry to the Lancashire Championships**

1. UKA Rules: This competition is conducted under the current UKA rules for competition.
2. Event Restrictions: The Competition organisers reserve the right to modify the number, timing of events and the heats for the track events to take into account the size of entry on the day.
3. Clothing: Only Club, County, Area or National vests will be permitted. All athletes are reminded that all clothing must be clean and so designed and worn as not to be objectionable, even if wet. Numbers to be worn front and back in all track events; only one number is required for field events. Bib numbers must not be cut or folded in any way.
4. Equipment: The organisers will provide implements for throwing events. Competitors must supply their own poles in the Pole Vault. No stadium blocks will be available so personal blocks may be used (except U12 & 14s).
5. Entries: The organisers reserve the right to refuse any entry. All information, start lists, timetables etc will be displayed on our website at [www.lancsaa.co.uk](http://www.lancsaa.co.uk) and via Roster Athletics website/app. **Late entries will not be accepted**, all entries MUST be online and **changes cannot be made after making an entry**. Refunds will only be given in the event of the competition being cancelled by the organiser.
6. Para athletes: Para athletes are eligible to compete, please make a note in your entry of your classification. In field events, will be allowed to use their own weight implements and will have an auto 6 trials. They will not be eligible for a medal if those weights are different to Sen/U20 comps. They will compete in addition to the usual 'top 8'.

**We ask please that every athlete is aware of the above regulations to ensure the smooth running of the Championships in accordance with UKA rules. We hope you have a great Championships.**

**Entry to be made On-line via Roster Athletics at:**

**<https://meets.rosterathletics.com/public/competitions/details/about?id=27606>**

**Live Results will be available via Roster Athletics and then posted on Lancashire AA Website.**

<b>Under 12 Boy or Girl</b>	<b>School Year 5&amp;6: 10 or 11 at Midnight 31<sup>st</sup> August</b>
<b>Under 14 Boy or Girl</b>	<b>School Year 7&amp;8: 12 or 13 at Midnight 31<sup>st</sup> August</b>
<b>Under 16 Boy or Girl</b>	<b>School Year 9&amp;10: 14 or 15 at Midnight 31<sup>st</sup> August</b>
<b>Under 18 Man or Woman</b>	<b>School Year 11&amp;12 16 or 17 at Midnight 31<sup>st</sup> August</b>
<b>Under 20 Man or Woman:</b>	<b>18 or 19 at Midnight 31<sup>st</sup> December 2026/1<sup>st</sup> January 2027</b>

**PLEASE CHECK YOUR AGE GROUP BEFORE COMPLETING YOUR ENTRY**

**TIMETABLES WILL BE POSTED ON THE ROSTER ATHLETICS APP & OUR WEBSITE.**

**All events will be contested, even if only one athlete enters**

**ENTRY FEE: £12.00 FOR THE FIRST EVENT (to inc admin charges)  
& £10 FOR ALL SUBSEQUENT EVENTS.**

**NB: 5000m can be entered on the day for a price of £10 per entry**



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**SATURDAY**

3000m	U20M, U20W, U18M, U18W, U16B, U16G
100m	All Age Groups Male & Female (not U12s)
300m	U16G, U16B
400m	SM, U20M, U18M, SW, U20W, U18W
1500m	All Age Groups Male & Female (not U12s)
70mH	U12G
75mH	U12B, U14G
80mH	U14B, U16G
100mH	U16B, U18W, U20W, SW
110mH	U18M, U20M, SM
Long Jump	All Male & Female Age Groups (not U12s)
Javelin	All Male & Female Age Groups (not U12s)
Discus	All Male & Female Age Groups (not U12s)
Shot Putt	U12G, U12B
Triple Jump	U18M&W, U20M&W, SW, SM

**SUNDAY**

5000m	Senior Men and Women only
75m	U12G, U12B
150m	U12G, U12B
200m	All Age Groups Male & Female (not U12s)
300mH	U16W, U16M
400mH	SM, U20M, U18M, SW, U20W, U18W
600m	U12G, U12B
800m	All Age Groups Male & Female (not U12s)
Pole Vault	All Age Groups Male & Female (not U12s)
High Jump	All Male & Female Age Groups (not U12s)
Hammer	All Male & Female Age Groups (not U12s)
Shot Putt	All Male & Female Age Groups (not U12s)
Long Jump	U12G, U12B
Howler	U12G, U12B

**NB: The steeplechase events will be happening at the Warrington Open Meeting on Saturday 18<sup>th</sup> April – entry via Roster Athletics system.**

**CLOSING DATE FOR ENTRIES IS THE 19th April 2026 – no exceptions.**

Starting Height for High Jump: SM= 1.50, U20M=1.50, U18M=1.35, U16B= 1.30, U14B= 1.10  
SW= 1.30, U20W= 1.30, U18W=1.20, U16G=1.20, U14G=1.10

Starting Height for Pole Vault: SM=2.90, U20M=2.70, U18M=2.40, U16B=1.80, U14B = 1.50  
SW=2.00, U20W=2.00, U18W=1.90, U16G=1.70, U14G = 1.50

Triple Jump minimum take off board: Sen/U20/U18 9m

**IMPORTANT**

Numbers must be collected from Registration a minimum of **60 MINUTES** before your first event of the day on **BOTH** days. Please ensure you declare for each event you intend to compete in. Failure to do so will mean you will be **unable to compete in that event.**

Under 12's – Under 14's – Under 16's are only allowed to compete in THREE events per day.

N.B. U16's can only compete in EITHER 1500m or 3000m on the Saturday and NOT both (UKA Rule T3 S2 (2.iv))

**PLEASE NOTE:** UKA Rule TR4.4 (Failure to Participate) an athlete shall be excluded from participation in all further events in the competition, including relays, when final confirmation was given that the athlete would start in an event but then failed to participate or an athlete qualified in any Heats or Semi-Finals round of an event but then fails to participate further without giving a valid reason to the relevant Referee. If a meeting extends over more than one day the exclusion shall apply to all subsequent events of the meeting.

*All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.*

*The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the entrant is a citizen of, or resident in, the UK.*

**GOOD LUCK TO ALL COMPETITORS**