**TAC Spring Warm-Up Event**

**Weds 28th April 2021**

Inter club competition for athletes U11s and older running under Covid-19 restrictions as detailed by England Athletics.

Event Organiser- Alistair Kinsey

COVID officer - Keith Reed

Competing clubs: Tavistock Athletic club, City of Plymouth Athletic club, Erme Valley Harriers

Dates: Weds 28/4/2021

Entry Fee – £5.00 for 2 events

TAVISTOCK AC

ACCOUNT NUMBER 31262394

SORT CODE 40-27-04

REFERENCE *Surname SWU -* (surname of athlete competing)

Entries via team managers within participating clubs, all remaining places will be allocated by invitation only, payment to Tavistock athletic club by BACS.  Entry deadline 23rd April.

Places allocated on a first come first served basis.

**Rules for Entry**

1. RULES: Current UKA Rules will apply – “UKA Rules for Competition”.
2. ELIGIBILITY: Open to all athletes with current affiliation to England Athletics.
3. EVENT RESTRICTIONS: The organising Committee reserves the right to modify the number and timing of events and the races for track events to take account of the size of entry.
4. TRACK EVENTS: These are to be one race only and no heats or finals. Races will be organised by age/gender however, depending on the entries some races may be merged.
5. FIELD EVENTS: For throws events all athletes will have 4 trials. All throwing events will be completed before dusk.
6. EQUIPMENT: Due to the nature of the restrictions, competing athletes are requested to provide their own implements for throwing events. TAC equipment may be available by prior arrangement. Starting blocks can be provided.
7. ENTRIES: The organisers reserve the right to refuse any entry. A minimum of three entries may be required for an event to be held. All information, start lists, timetables etc. will be displayed on our website at [www.tavistockathletics.co.uk](http://www.tavistockathletics.co.uk)
8. All entrants must complete a Covid declaration and provide full contact details.  Athletes must respect the extra Covid guidelines otherwise they will be asked to leave.
9. CLOTHING: Club, school or representative vests must be worn and comply with current UKA rules.
10. SPECTATORS: General spectators will not be allowed onto the site, however an athlete is permitted to bring one additional attendee, that person must also sign in. Once signed onto site the attendee must remain within the permitted areas only and maintain at least 2m distance from others.
11. RESULTS: Will be available following the event and will be submitted to Power of 10.
12. **LATE ENTRIES: There will be NO entries on the day under any circumstances.**

Cancellation

* In the event of a cancellation due to Government restrictions the entry fees will be refunded less a deduction to cover any unavoidable meeting expenses.

**PROVISIONAL TIMETABLE**

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| **Field Event** | **Start Time** | **Maximum Competitors** |
| Hammer | 17.30  | 12 |
| Shot Put | 18.30 | 18 |
| Long Jump | TBC | **U11 only** |

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| **Track event** | **Start time** |  |
| 75m H175m H275m H3 | 18.00 18.05 18:10 |  |
| 100m H1 U13100m H2 U13100m H3 U15100m H4 U17100m H5 | 18:1518:2018:2518:3018:35 |  |
| 600m H1600m H2600m H3 | 18:4018:4518:50 |  |
| 300m H1 U15300m H2 U17w400m H3 U17m | 19:0019:0519:10 |  |
| 800m H1 U13800m H2 U15800m H3 U17800m H4 U17 | 19:2019:2519:3019:35 |  |
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