

50<sup>th</sup>

**NATIONAL PREPARATORY SCHOOLS  
ATHLETICS CHAMPIONSHIPS 2024**

TO BE HELD ON

**WEDNESDAY 3<sup>rd</sup> JULY 2024**

STARTING AT 10.00am

**THE ALEXANDER STADIUM**

**BIRMINGHAM B42 2LR**

.....  
Conducted under UK Athletics rules for competition, (where applicable).  
.....

**NOTIFICATION FOR ALL AREA TEAM MANAGERS**

**School Managers please ensure that your athletes know which area they are representing  
and where your area is located in the Stadium (see map)**

1. **AREAS:**

It is imperative that all your schools/athletes taking part know which Area they are representing and the numbers which that Area has been allocated. Bases for these Areas will be demarcated in the stands and indicated by Block numbers. Please ensure that all your athletes muster in their correct places.

|                    |                    |                         |
|--------------------|--------------------|-------------------------|
| <b>SUSSEX</b>      | <b>3 &amp; 4</b>   | <b>Block 106 Area F</b> |
| <b>DRAKE</b>       | <b>5 &amp; 6</b>   | <b>Block 110 Area J</b> |
| <b>KENT</b>        | <b>7 &amp; 8</b>   | <b>Block 103 Area C</b> |
| <b>LONDON</b>      | <b>9 &amp; 10</b>  | <b>Block 108 Area H</b> |
| <b>NORTHEAST</b>   | <b>11 &amp; 12</b> | <b>Block 101 Area A</b> |
| <b>NORTHWEST</b>   | <b>13 &amp; 14</b> | <b>Block 101 Area A</b> |
| <b>EAST</b>        | <b>15 &amp; 16</b> | <b>Block 109 Area I</b> |
| <b>MERCIA</b>      | <b>17 &amp; 18</b> | <b>Block 107 Area G</b> |
| <b>SCOTLAND</b>    | <b>19 &amp; 20</b> | <b>Block 110 Area J</b> |
| <b>SOUTHWEST</b>   | <b>21 &amp; 22</b> | <b>Block 105 Area E</b> |
| <b>WESSEX</b>      | <b>23 &amp; 24</b> | <b>Block 104 Area D</b> |
| <b>WEST SURREY</b> | <b>25 &amp; 26</b> | <b>Block 102 Area B</b> |

2. **TEAM MANAGERS:**

Each Area Team manager **MUST ARRIVE BY 9.00am**, before the start of the championships. The listed start times will be adhered to, it is your responsibility to get your athletes to the stadium and the events on time.

**You must be prepared to provide dates of birth for all athletes upon request.**

Team Managers are responsible for supplying your own safety pins, (8 per athlete).

Correct numbers, as per the programme, must be worn on the track and in the field.

An ODD number designates the first-string athlete.

An EVEN number designates the second-string athlete.

Please ensure that all track athletes have the correct card pinned firmly to their vests, **FRONT and BACK by all four corners**; all Jump athletes must show one card either front or back, and all throws must show two cards, one front and one back.

Athletes participating without cards or with incorrect cards or with mutilated cards render themselves liable for disqualification.

Make sure that your schools register with their Area representatives upon arrival.

### **3. The FACILITIES:**

The sprint track is a 9-lane all-weather polytan surface, as is the circuit track, the High Jump, Long Jump, Triple Jump areas and the Javelin runway. The Shot and Discus circles are concrete. Please ensure that the correct footwear is used.

The Alexander Stadium is a no-smoking or vaping zone.

### **4. SHOE RULE:**

The maximum thickness of the sole of the shoe is 20mm in all our events except 800m, 1500m and Triple Jump, where it is 25mm.

If an athlete appears with trainers with a wedge-shaped sole clearly thicker than 20mm they are obliged to find an alternative shoe or running spikes.

School staff are obliged to ensure that their pupils conform to this ruling and supply alternative footwear.

Only Needle spikes, **6mm maximum**, are permitted on the designated Track & Field areas. (Competitors using the wrong spikes/footwear will **NOT** be allowed to compete.)

### **5. SPECTATORS:**

Entry to the Stadium is by the gate in the centre of the West Stand.

There is an entry fee of £10.00 per adult.

Queues build up at the gate- please arrive in good time.

Only Officials car parking will be permitted in front of the Stadium, all other cars will park to the south side of the Stadium.

Coaches and minibuses will park to the north side near the High-Performance Building. (HI-PAC)

Extra parking will be available in the field beyond the stadium on the south side.

Programmes are on sale at £5.00 each.

The seating in the lower tier blocks 101-110 is reserved for the athletes from each designated area. Accompanying adults and other spectators should use the upper tier blocks 201-210

The area cordoned off in front of the Presentations Zone is only to be used for presentations.

NO SPECTATOR IS PERMITTED INSIDE THE WHITE BARRIERS IN FRONT OF THE WEST STAND.

***We reserve the right to suspend the meeting until spectators comply.***

### **6. MARSHALLING:**

We shall not delay the start of a race for a late competitor.

Track athletes should report to their respective starts directly, 15 minutes ahead of their listed start time.

Field athletes should report to their respective events directly.

Any changes will be announced over the PA system.

**Athletes are permitted to use the east side of the track for warm-ups, when available, and should be supervised from behind the barriers.**

Team Managers, Staff and parents are NOT permitted in the Marshalling Areas.

Team Managers are to ensure that their competitors follow the correctly designated routes to and from events.

Field events cannot be held up for Track events. Trials will not be able to be taken out of round, but the order within a round may be altered at the Field Referees' discretion.

Anyone not authorised or listed in the programme may not compete in any event.

Authorisation slips are available in the Office.

**7. NPSA ADVICE & INSURANCE:**

Injuries and Permissions. In the event of Hospital/Medical treatment being necessary, either a member of staff; the child's parent or another adult, (with permission from the child's parent) should accompany the injured child.

**Schools** which have children participating must ensure that all relevant risk assessments, DBS checks and Child Protection Procedures have been carried out and that adequate insurance is carried for each and every athlete taking part in these championships.

**8. PHOTOGRAPHY:**

Attendance at the Alexander Stadium implies permission for photography at this event. Any person wishing NOT to be photographed at this event is advised not to attend.

DE Photos are present at this event and copies are available throughout the day.

**9. FIELD EVENTS:**

**NO FIELD EQUIPMENT may be brought to the Stadium for use by your athletes.**

**Long/Triple Jumps:** Please ensure that all competitors are fully aware of the rules and procedures for each event. 2 runways and pits are in use this year, please ensure that your athletes report to the correct runway. There are NO qualifying rounds. Each competitor is permitted **THREE** attempts at the event. The best eight competitors will each be permitted one further attempt.

Please note that the shortest triple jump take-off board will be set at 7m.

**Discus/Javelin:** Please ensure that all competitors are fully aware of the rules and procedures for each event. There are NO qualifying rounds. Each competitor is permitted **THREE** attempts at the event. The best eight competitors will each be permitted one further attempt.

**Shot:** Please ensure that all competitors are fully aware of the rules and procedures for each event. There are NO qualifying rounds. Each competitor is permitted **THREE** attempts at the event. The best eight competitors will each be permitted one further attempt.

**High Jump:** Please ensure that all competitors are fully aware of the rules and procedures for each event. There are NO qualifying rounds. Two landing areas will be in use, please ensure that your athletes report to the correct area. Minimum height starts have been changed, your athletes must be able to achieve these. (see separate list 10)

**Height increments will progress in units of 5cm until fewer than 4 (four) athletes remain, thereafter the increments will be of 3cm.**

THREE successive failures mean elimination.  
Boys High Jump will be in Area B (South end)  
Girls High Jump will be in Area A (North end)

**10. FIELD EVENTS EQUIPMENT: All weights are as specified in the Minimum Standards Lists.**

High Jump starting heights are as follows:-

|          |       |           |       |
|----------|-------|-----------|-------|
| U14 BOYS | 1.40m | U14 GIRLS | 1.25m |
| U13 BOYS | 1.25m | U13 GIRLS | 1.15m |
| U12 BOYS | 1.15m | U12 GIRLS | 1.05m |

11. **HURDLES:** The following are the specifications set for this years' meeting: -
- |           |     |                           |
|-----------|-----|---------------------------|
| U14 BOYS  | 80m | 8.0m SPACING & 84cm HIGH. |
| U14 GIRLS | 75m | 7.5m SPACING & 76cm HIGH. |
| U13 BOYS  | 75m | 7.5m SPACING & 76cm HIGH. |
| U13 GIRLS | 70m | 7.0m SPACING & 68cm HIGH. |
| U12 BOYS  | 75m | 7.5m SPACING & 76cm HIGH. |
| U12 GIRLS | 70m | 7.0m SPACING & 68cm HIGH. |

12. **TRACK EVENTS:**

Qualifying times must be given on your Area Entry Forms for all track events. Failure to supply this information will result in your athletes being penalized by being misplaced in a race.

Hurdles/100m/200m: These races will be run as seeded heats, with preferential draws given to those athletes who qualify in the fastest time.

300m: These will be run as graded finals in lanes; the fastest qualifiers will be run in the last race.

800m: These will be run as graded finals; the faster qualifiers will be run in the last race. The 800m will be run in staggered starts in lanes.

1500m: will be run as one race. NEW RULE 2024

U14/U13/U12 800m/1500m: No athlete may take part in both the 800m and the 1500m races, they must select one only.

**Relays:** Under 14 Under 13 and Under 12 Relay Squads only, these must be SCHOOL TEAMS. If you are not entering an U13 Relay, then U13's may participate in an U14 squad. U11's may participate in an U12 squad. Otherwise, all relay squads must be of the relevant age group, and each athlete may run in one relay only.

**TIES:** if there is a tie for the remaining track places between competitors or relay teams in the heats, then none shall qualify for the final.

**12a QUALIFICATION FROM HEATS TO FINALS:** NEW RULE 2024

From 2 heats to a final, the 1<sup>st</sup> 3 athletes and the 2 fastest losers will qualify.

From 3 heats to a final, the 1<sup>st</sup> 2 athletes and the 2 fastest losers will qualify.

13. **ELIGIBILITY:**

Athletes must be registered pupils at a school which is a member of IAPS or CSA or a senior school with an associated junior school or department which is a member of IAPS or CSA., or a school which has already taken part in the National Championships, (including its selection meetings) for five years or more.

14. **ENTRIES:**

Each area may enter 2 (two) competitors for each event in the Championships.

Area winners have an automatic right to represent their area.

The performance of the second-string and/or replacement athlete MUST HAVE MET THE REQUIRED MINIMUM STANDARD at their area qualifying meeting.

Competitors may enter a maximum of two (2) events only; + a relay.

Schools may represent only one area.

No guest athlete is permitted to participate in these Championships.

**No starting blocks are permitted.**

15. **AREA ALLOCATION:**

The NPSA Committee agreed that schools should stick to their usual areas. If they cannot attend their own Area meeting then they can ask another Area, but they will not be able to qualify from it. Instead, their results should be sent to their usual area, for consideration as second-string entries (if none have qualified at that Area's meeting). Wherever a school competes it must do so in its entirety, both sexes and all three age groups.

16. **AGES:**

Boys and Girls Under 14, 13 & 12. All ages are calculated as on the 1<sup>st</sup> September 2025 for dates of birth.

For 2024: these will be as follows: -

- U14 1-9-2010.....31-8-2011
- U13 1-9-2011.....31-8-2012
- U12 1-9-2012.....31-8-2013 and later

NB Athletes in U13 or younger age groups should note UKA Rule 107(2) para (iv) on p25.

17. **OFFICIALS:**

We are fortunate enough to have the help of UK Athletics qualified Officials for the provision of several Track &Field Officials; however, we need to provide at least TWO OFFICIALS FROM EACH AREA to assist them as required. **Details of the official duties are listed below.**

(Make sure that you have enough people to change them round during the day).

- SUSSEX..... OFFICE, CONTROL
- DRAKE.....TIMEKEEPING & STEWARDING
- KENT.....SHOT
- NORTHEAST.....TRACK JUDGES & RELAYS
- NORTHWEST.....TRACK JUDGES & RELAYS
- EAST.....LONG & TRIPLE JUMPS
- MERCIA.....PRESENTATIONS & ENTRY
- WEST SURREY.....HIGH JUMP
- WESSEX.....JAVELIN
- SOUTHWEST.....MARSHALLING & RELAYS
- LONDON.....DISCUS

If any judge is not confident with the rules of the event, they are judging, would they please refer to a copy of the rules. Field Judges please be particular about the entries on the marking sheets. NO ENTRIES ARE TO BE ACCEPTED WITHOUT THE CORRECT FORM FROM THE CONTROL BOX.

18. **DRESS:**

Please ensure that the correct dress code is observed by all officials and that all athletes wear appropriate schools’ athletics kit. It is advisory NOT to wear club kit if it differs from the school’s athletics kit. Minimal changing facilities are available.

19. **PRESENTATIONS:**

Results will be placed near the rear of the lower-level concourse of the West Stand. Copies will be available from your Team Manager in due course. Presentations of certificates and medals will be made throughout the day to 1<sup>st</sup>, 2<sup>nd</sup> and third placed athletes in each event. Athletes who are placed in these must proceed directly to the rostrum in front of the West Stand. Please notify the Presentations area if you are taking part in another event.

The Corden Cup presentation will take place immediately after the final relay.

20. **ATHLETES ENTRANCE FEES:**

Each area will contribute towards the costs of the National Championships.

The fees for 2024 are £10 per athlete. Relays remain at £10 per team and are to be paid for by the schools they represent and count as one event each.

These fees **MUST** be paid in advance before Friday 29<sup>th</sup> June 2024 and made payable to NPSA.

c/o David Aldred, 54 Belbroughton Road, STOURBRIDGE, West Midlands DY8 3BG

|                     |  |
|---------------------|--|
| BACS:               | National Preparatory Schools Athletics |
| Sort Code: 20 07 82 | Account number: 40640476               |

**21. SAFEGUARDING:**

A Safeguarding Officer has been appointed and will be in attendance throughout the day. You are advised to refer to the safeguarding Policy Document attached to these instructions.

**22. TEAM CHANGES:**

All changes and substitutions to your listed teams must be given IN WRITING before Monday 24<sup>th</sup> June at 8.00pm. WITHDRAWALS ONLY are permitted on Wednesday 3<sup>rd</sup> July 2024.

**23. SUNDRIES: First Aid:**

A first-aid room will be available throughout the day and First Aid Services are in attendance.

e-mail. [chaseleasehold@gmail.com](mailto:chaseleasehold@gmail.com)

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