

Competition Timetable – Sunday 16th May 2021

Track		Field	
		11:00	Long Jump warm-up– max. 4 practice jumps
11:30	100m – U13 + U15	11:30	Long Jump 1- Athletes using grass area or PV run up for kit, socially distanced. 10 athletes / 4 rounds
12:15	100m – U17 to Masters		
		12:45	Shot Putt U13/U15 – Max 4 practice throws
13:00	800m – U13 to Masters	13:00	Shot Putt Athletes using grass infield for kit, socially distanced. Max 4 throws, 10 athletes
14:00	200m – U13 to Masters	14:00	High Jump Warm-up
		14:30	High Jump
15:00	300m – U15G / U15B / U17G		
*15:30	400m – U17B to Masters	16:00	Long Jump warm-up– max. 4 practice jumps
		16:30	Long Jump 1- Athletes using grass area or PV run up for kit, socially distanced. 10 athletes / 4 rounds
*16:30	1500m – U13 to Masters		

Track Notes:

- Please note the change in start time for the 400m and 1500m
- All track information including schedule, heats and results is available on the Justtiming link below. **DO NOT refer to the OPENTRACK link.**
- <https://justiming.co.uk/liveresults/liveresults.html?meeting=southampton16.5.21&page=schedule>

Field Notes:

- Throws and horizontal jumps will be best of 4 trials.
- High Jump progressions will be 5cm.
- **Field results WILL be available through OPENTRACK and on the SAC Club Website**

All results will be downloaded and sent to Power of 10

ALL ATTENDEES

A competition is being organised at Southampton Outdoor Sports Centre for **Sunday 16th May 2021**. The competition will employ procedures to comply with COVID-19 guidance and your involvement is dependent on your acceptance that you will co-operate with officials fully and adhere to procedures that are designed to reduce the risk of virus transmission.

Firstly you should not attend the competition if you have any virus symptoms or have had close contact with anyone that shows symptoms or is suffering the virus or that you have been advised to stay at home.

You **must** have your personal hand sanitiser and use it whenever you have touched surfaces that may have been touched by others. This and 2 metre social distancing is the key behaviour we expect of you to keep yourself safe.

ATHLETE - Field Events

Limiting the number of attendees means that you can be accompanied by **only one** other adult who may be a parent/guardian/partner or coach. Once you have competed, we ask that you leave the site as soon as is practical. There will be a gate monitor **checking names** and **that you have hand sanitiser** as you enter the site.

You are advised to bring your own equipment & refreshments. Stadium Shot Putt will be available but you are advised to bring your own if possible.

You are responsible for your own personal equipment and its exclusive use by you.

Obey all instructions from all officials, maintaining 2metre distancing with officials and fellow competitors.

Results of performances will be posted through OPENTRACK after the competition.

ATHLETE – Track event competitors

Limiting the number of attendees means that you can be accompanied by **only one** other adult who may be a parent/guardian/partner or coach. Once you have competed, we ask that you leave the site as soon as is practical. There will be a gate monitor **checking names** and **that you have hand sanitiser** as you enter the site.

There is a designated warm up area for track athletes. Entry to the warm up area (grass infield) is via the gate by the North end of the track (adjacent to the 100m start), exit from the warm up area is to go to your event at designated start line and wait for call up by the starters assistants. General warm up/stretching to be done on the grass, with specific spiked running and drills to be done on

the track in areas not used for competition. (100/200m – back straight; 300m – first bend; 400/800/1500m – lanes 5 & 7 of track in between races with lane 8 being used to walk back). Running drills must be in the anti-clockwise direction on the track (normal competition direction) with walk back on the outside of the track.

Races will be slowest PB to fastest. Be able to hear a Starters Assistant call competitor for marshalling. Take all kit and personal starting blocks to the start, no other kit is to be left in warm up area. Obey all instructions given by the Starters Assistant.

After finishing your track event you should walk back as instructed by officials to retrieve kit/blocks and then exit the track by the nearest gate. Results of performances will be posted through Justiming on the link:

<https://justiming.co.uk/liveresults/liveresults.html?meeting=southampton16.5.21&page=schedule>

You are encouraged to bring and use your own personal starting blocks if you have them. After your race personal blocks will be lifted and placed where you can collect them without impeding the next race setting up.

Accompanying Adult

The competition is not a spectator event. We recognise that some competitors will need to be supported by an adult for travel/safeguarding etc.

You are advised to bring your own chairs & refreshments.

You must observe 2metre distancing while in the arena.

You must have personal hand sanitiser and use when necessary. Names and possession of sanitiser will be checked at the gate.

Accompanying adults will not enter Competition or Warm up areas and avoid unnecessary contacts with surfaces (fences/railings etc).

You should depart with your athlete from the site as soon as is practical after they have competed. Results of performance will be posted later.

Field Officials

All should bring personal hand sanitiser and use where appropriate. There will be no Officials Sign In area, Field Referee will note your presence.

First Aid

First Aid will be administered by trained club members, following COVID guidance and wearing appropriate protective clothing. The emergency services will be called if required.

Starters and Starters Assistants

Should have personal hand sanitiser and use regularly where appropriate. There will be no Officials Sign In area, Track Referee will note your presence.

There will be a minimum of 1 Starters and 2 Starters Assistants.

The starter will operate to any required social distancing criteria working well away from the athletes and Assistants. Each starter has their own equipment and manages that themselves. The stadium equipment consists of a podium and Electronic Timing and equipment will be provided by Just Timing.

Starters will also have the option to use face masks, gloves, and sanitisers as is necessary – bringing their own with them.

The starter's assistants (SA) will interact with a maximum of 8 athletes at any one time. Races are spaced with plenty of time for one set of athletes to be gone before the next arrives.

Each SA should take responsibility for alternate heats ensuring all athletes are called up, marshalling them from the warmup area (grass infield) to the start line right through to the race start. This will ensure control of numbers in the start area.

SA's will also have the option to use face masks, gloves, and sanitisers as is necessary – bringing their own with them.

Track Judges and Timekeepers

Firstly you should not attend the competition if you have any virus symptoms or have had close contact with anyone that shows symptoms or is suffering the virus or that you have been advised to stay at home.

Should have personal hand sanitiser and use regularly where appropriate.

There will be no Officials Sign In area, Track Referee will note your presence.

We will operate with 4 Track judges and 4 Timekeepers as backup to the electronic timing system.

Both sets of steps are positioned with adequate social distancing from the track where athletes will pass. Athletes are required after the race has finished to proceed back up the track for a 100m or around the track back to event start to retrieve kit. See attached Diagrams.

Three Officials on each set of steps can be distanced when one is at the top, middle and two at the bottom.

Photo-finish operator will work in isolation in the recorders room.

Chief Track judge will record finishing positions by lane or bib number (indicating which is used) for each race. The track slip will be passed to the Timekeepers but held by the Chief Timekeeper for use later (after competition) in the instance where photo-finish has failed to record/process a finish.

Chief Timekeeper will record finishing times for each race. The track slip will not be passed to the recorders room but held by the Chief Timekeeper for use later (after competition) in the instance where photo-finish has failed to record/process a finish.

Personal Block and Track Sanitiser Marshalls

Will be located at the start area of all track heats up to and including 400m. You should have personal hand sanitiser and use regularly when appropriate. Remain distanced from the Starters Assistant and athletes (group of 8)

They will be responsible for:

- Removing personal blocks to a point outside the start area where athletes can return to collect without coming back into the competition area (move to outside of track on grass verge)
- Sanitise the start line/s post-race for races up to and including 400m

Gate Monitor

Will have list of entered athletes to check off as they arrive and check for hand sanitiser. Record time of entry and accompanying adult. All visitors should be encouraged to sign-in with the NHS COVID app using the QR code which will be displayed adjacent to the gate in two separate locations.

You will be provided with a list of Officials and volunteers to expect.

Hand sanitiser will be stationed at the gate. All entering will be asked to sanitise their hands.