NECAA are pleased to announce their third Track & Field competition of 2020, with the competition being at King Edward School Track, Morpeth on **Sunday September 27th.**

With the recent changes to COVID recommendations, we can now add more events to the competition and these will be;

Track; 100M, 300M Hurdles, 400M Hurdles, 70M Hurdles (under 13 Girls), 75M Hurdles (U13B & U15G)

80M Hurdles (U15B & U17W), 100M Hurdles (U17M, U20W & SW), 110M Hurdles (U20M & SM),

800M and 3,000M (Incorporating NEMA Championships)

Field; Long Jump, Triple Jump, Shot Put, Discus and Javelin

We will also allow entries from All Age groups from U13’s upwards

Entries will be open to Athletes who are registered with EA for the current competition year and the following rules will need to be observed.

• Please observe social distancing guidelines at all times of 2m distance as recommended by Public Health England  
• Do not closely interact outside of your immediate social bubble/close family  
• No shaking hands or hugging pre or post event  
• Please do not enter if you or any of your family have interacted with anyone who has experienced COVID symptoms in the past two weeks or leading up to the competition you feel unwell  
• If you feel unwell at all during the competition, please dial 111 or report to our first aid station who will provide advice and guidance.  
• Please wear a face mask if you feel comfortable to do so.  
• Only one spectator to be allowed to accompany each athlete, you will be required to provide full contact details upon entering the stadium  
• Please respect the above rules - nonadherence may lead to disqualification from this and other NECAA competitions.

We would urge all athletes to read our EA Guidance for Athletics before submitting an entry.

<https://d192th1lqal2xm.cloudfront.net/2020/08/EA-return-to-activity-guidance-athletes-runners-04.08.2020.pdf_0.pdf_1.pdf>

Can everyone please read the current NHS advice on coronavirus/Covid-19.

<https://www.nhs.uk/conditions/coronavirus-Covid-19/>

Everyone associated with a competition should monitor themselves for any signs of Covid19, as well as general health. Everyone should follow the advice of their GP or medical practitioner in all cases. Anyone showing signs of ill health or COVID-19 should not attend the competition, in any capacity. Anyone self-isolating because of ‘track and trace’ advice or suspected contact with an infected person should not attend. Anyone, who subsequently becomes ill should contact the Covid19 coordinator for the event and inform them.

A register of competitors, officials and all volunteers associated with the event must be kept assisting with any track and trace requirements.

**Data Privacy Notice**

The data collected for this event will be used only for the purposes of registering for the event and for the Track and Trace system due to COVID\_19 requirements.   The data will be deleted 14 days after the date of the event.

It is essential that all attendees at the competition, whether an athlete guest, official or an athlete themselves, must declare themselves free of Covid-19 upon entry to the competition

We can only accept online entries and these will be on a first come first served basis. Entries will be closed as soon as the maximum number of entries are reached

There will be no entries accepted on the day due to the volume of pre-entries. Events may close early if capacity is reached. No late entries will be accepted. Closing date for entries is Saturday 19th September

**Entry costs £5.00 per event**

**Online entries are here:**

[**https://northeastmastersathletics.weebly.com/necaaopenmeeting2020.html**](https://northeastmastersathletics.weebly.com/necaaopenmeeting2020.html)

Seeding

Athletes should declare their expected performance as accurately as possible within their entry to ensure the best possible seeding of races and bands. Athletes who do not enter a seed mark are at risk of being seeded together in mixed ability races and bands. Times that cannot be verified on [www.thepowerof10.info](http://www.powerof10.info/) may be removed. An athlete's best performance in the last two years will be considered.

There will be electronic timing for Track races

The number of Athletes in an event will be dependent on the current advice from England Athletics

**Horizontal jumps and throws athletes will receive at least 4 competition trials.**

**Athletes please note a new rule change which will apply;**

Rule CR18.5 Unsporting or Improper Behaviour (125.5)

New UKA Supplementary Note:

“Spitting (or similar) in warm up, call room, field of play or any other public area may be treated as a conduct offence and will be dealt with by a warning or disqualification (yellow card and / or red card offence).”

**Events**

**100m** 100 entries will be accepted

**300M Hurdles, 400M Hurdles, 70M Hurdles (under 13 Girls), 75M Hurdles (U13B & U15G)**

**80M Hurdles (U15B & U17W), 100M Hurdles (U17M, U20W & SW), 110M Hurdles (U20M & SM),**

**800M** 100 entries will be accepted

**3000M (Incorporating NEMA Championship**) 100 entries will be accepted

**Long Jump** 40 entries will be accepted

**Triple Jump** 10 entries will be accepted

**Shot Put** 24 entries will be accepted

**Discus** 30 entries will be accepted

**Javelin** 20 entries accepted

**There will be no stadium blocks provided and athletes may use their own if they wish. Athletes should bring their own throwing implements to be used as well. On no condition must anybody else use another athlete’s equipment. Track Athletes must provide their own safety pins to attach their numbers to their vests.**

**Age Groups**

Under 13: Born between 1 Sept 2007 - 31 Aug 2009   
Under 15: Born between 1 Sept 2005 - 31 Aug 2007   
Under 17: Born between 1 Sept 2003 - 31 Aug 2005   
Under 20: Born between 1 Jan 2001 - 31 Aug 2003   
Senior: Born on or before 31 Dec 2000

Masters: 35 and over on day of competition (5 year age groups)

**Timetables and further information will be emailed out week commencing Monday 21st September**