

Competition Rounds & Progression in Track Events

In events up to and including 800m where heats, semi-finals and finals are to be held progression from the heats to the semi-finals will be:

5 heats	first 3 and 3 fastest non automatic qualifiers to 2 semi-finals	then first 3 and 2 fastest non automatic qualifiers to the final
4 heats	first 3 and 4 fastest non automatic qualifiers to 2 semi-finals	then first 3 and 2 fastest non automatic qualifiers to the final

In the 800m, if including more than 9 athletes in a heat (there are nine lanes) allows one fewer heat or one fewer round some athletes will share a lane.

In events up to and including 800m where only heats and finals are to be held will be:

5 heats	First and 3 fastest non automatic qualifiers to the final
4 heats	First and 4 fastest non automatic qualifiers to the final
3 heats	first 2 and 2 fastest non automatic qualifiers to the final
2 heats	first 3 and 2 fastest non automatic qualifiers to the final

In the 1500m, Steeplechase & 3000m, where heats are required, qualification to the final will be:

4 heats	First 3 to final.
3 heats	first 4 fastest athletes qualify to the final.
2 heats	first 6 fastest athletes qualify to the final.

Single Sex Relays: A Counties

Where there are more than 9 teams entered and two races are required, the races will be timed races with the fastest three teams from the two races awarded the medals.

NOTES

- 1 - Competitors are warned against leaving valuables in the changing rooms. No responsibility for any loss will be accepted by the English Schools' Athletics Association.
- 2 - Every competitor must wear the appropriate accreditation provided, except when actually competing. Admission to the stadium may be refused to those without accreditation.
- 3 - A warm-up area is provided. Athletes and team staff are reminded that this area is for athletes about to compete, rather than a general training or seating area.

4 - CALL ROOM. Competitors will be instructed by their Team Stewards as to the time they are required to report. If a competitor has to withdraw from competition, the Call Room Manager must be informed as soon as possible. If a competitor withdraws from their event, they may not take part in the relay, as it will be assumed they are injured.

5 - The responsibility of being in the Call Room at the time specified in the Call Room Schedule rests entirely with the competitor.

6 – Lanes and order of competition given in this programme have been drawn at random. Lanes for subsequent rounds and Finals will be seeded. As far as possible, two competitors from the same County will not compete in the same heat.

7 – When athletes are at the start line, please KEEP QUIET UNTIL THE GUN HAS BEEN FIRED.

8 – The use of the white flag denotes a valid attempt; the red flag denotes a foul or failure.

9 - In all Throwing Events competitors are warned to take due care, as serious accidents have often occurred during these events, U.K.A. Rules must be observed. Implements, even in practice, must only be thrown from the sector line or circle and be returned BY HAND and NOT THROWN BACK to the starting area. The U.K.A. Rules say that a competitor who wilfully disobeys the instruction shall be disqualified from the competition.

10 - Competitors receiving advice or similar assistance from within the competition area shall be cautioned by the Referee and WARNED that for any repetition they will be disqualified from that event.