



**WYCOMBE
PHOENIX
HARRIERS AC**

Invitational and Club Championships – 22nd April 2023

(Incorporating Bucks and Oxon U15/U17 3000m Championships)

Event Information

Location

This year's event is being held at **Stoke Mandeville Stadium**, Guttmann Rd, Aylesbury HP21 9PP - [View Map](#).

Car Parking

There should be sufficient car parking space in the overflow car park at the stadium; drive through the main car park to the area at the back of the track. Parking is free for all entrants and spectators. Please park considerately for other athletes and stadium users.

Timetable and Results

A timetable for the event has been published on Roster and the Wycombe Phoenix website ([timetable link](#)). In the unlikely event that a change is required to this, Roster will be updated so please check back then to ensure you know the start times for your events.

Start Lists and Results will be posted online throughout the competition via the Roster Athletics mobile app:



Roster Athletics
For athletics fans
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Run the app and find us by searching for Wycombe Phoenix.

Registration

The Registration Desk will open at 9.30am. Please ensure that you report to confirm your events and collect your vest numbers **at least 45 minutes** before your first event. Please refer to the timetable. Late registration may result in exclusion from the competition.

Safety

Please note that the area inside the track is safety controlled; only competing athletes and officials should be in this "in-field" and only officials on the grass.

QuadKids

If you are entering the QuadKids competition, please ensure that you arrive by 11.20am so that you have time to Register. You will be allocated a Team Manager who will help you with the competition through the day. Whoever brings you will be still need to look after you between the competitions. We will organise a group warm-up at 11:40am on the back straight to ensure that everyone is raring to go for the 75m sprints which start 12:10pm.

Following the sprints, the groups will take part in the long jump and vortex howler throws before completing their competition at 3.05pm with the 600m.

Medals

In all U13 and U15 track and field events, medals will be awarded for the top three athletes in each event. Medal winners should collect their spoils from the Registration desk once the official results of their event have been posted on Roster.

For the QuadKids, prizes will be awarded for the top boy and girl in each of the two age groups. As well as the overall competition winners, medals will also be presented for each of the four QuadKids disciplines. The presentation ceremony will take place at the end of the day after the completion of the 600m.

Track Events

Please report to the start position for the race ten minutes before the scheduled start time.

Depending on the number of entries, track events will run either as a straight final or as heats with a final later on in the programme. Please check the Timetable carefully for your events. If a sufficient number of athletes do not register on the day, we may run events timetabled for heats and finals as a straight final at the time originally schedule for the heats. The Roster App will be updated with this information as soon as possible on the day of competition.

Progression from heats to finals will be as per the following rules:

<i>No. Heats</i>	<i>Progression</i>	
2	3 + 2	first 3 from each heat plus next 2 fastest across both heats

Field Events – U13 and U15

In the throws and long jump competitions, each competitor will be given four attempts each. Please ensure you report to the lead official in the competition area 20 minutes (30 minutes for high jump) **before the timetabled start time** to enable you to warm up and measure run ups.

Competing in more than one event at the same time

We have put the timetable together to minimise overlapping events for as many athletes as possible. However, there may still be clashes between field events or field and track events.

Athletes do need to be at their track event on time, but field trials can be taken around this and the lead field officials involved will do their best to give you as many trials as possible, within the UKA rules (i.e. you can't have a trial if you miss a round / height). The main thing is to talk it through with officials as soon as possible during the warm up period.

Refreshments

There will be a selection of hot dogs, snacks and hot and cold drinks available for purchase throughout the day from our gazebo alongside the track.

Terms and Conditions

All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the 22nd April 2023, whether or not the entrant is a citizen of, or resident in, the UK.