

2026 TRACK AND FIELD CHAMPIONSHIPS

Including and some Avon AA/Dorset AA championship events
England Athletics Track and Field Licence OUT 26/016

SATURDAY/SUNDAY May 9/10th

CLOSING DATE midnight Saturday May 2nd

There will be no entries on the day

Venue Bill Whistlecroft Athletics Arena, Yeovil, BA21 3DS

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GENERAL INFORMATION

Events for athletes with a disability will be held over both days of the weekend.
We will welcome all athletes with a disability even if they live outside the County.

The age group changes initiated by England Athletics will be in force
So, the age groups will be: -

U10

U12

U14

U16

U18

U20

SENIORS and MASTERS

U10 and U12 athletes will enter the Funetics multi-event competition (FMC) which consists of four events

Because of England Athletics sponsorship for this age group, the entry fee for Funetics will only be £5 (to include all 4 events). It is not necessary for athletes to contest all 4 events but those that do will be awarded a medal on completion of all four events.

U14, U16 and U18 athletes may only contest THREE individual events on any given day.

Under 20 athletes may only contest FIVE individual events on any given day.

Masters athletes are those who are 35 years or older on the first day of the championship – namely May 9th, 2026

The provisional timings of each event are, this year, shown in the prospectus – note that the actual **day** of the event will NOT change.

The final timetable will be available shortly after the closing date– I plan to make this available on Monday May 5th.

*The definitive timetable will **only** be finalised after the closing date.*

Athletes from Avon AA may enter the **3000m** and the **steeplechase** races – these events will include Somerset athletes and the events will act as both Somerset and Avon championship races. Dorset AA athletes may enter the **steeplechase** events only and these will act as Dorset AA championship races (run with Somerset and Avon)

Fees - £4 per event for individual events and £5 for the U10 and U12 Quadrathlon
We are willing to consider partial refunds (£3.50) of the entry fee if an athlete is no longer able to compete. This **only** applies if the application is made before the closing date/time. We cannot refund the whole entry fee because the County AA cannot reclaim money paid up front to Roster.

All enquiries should be directed to me **ONLY if they cannot be sorted by your team manager or coach.**

Competitors, coaches and spectators should take note of the items listed below.

DAY 1 Prospectus Saturday May 9th

Start times shown below are approximate – see the Roster website for confirmation after the closing date – I'm not expecting major changes

See appendix at the end of this file for more Funetics information

TRACK

11:00-13:00 U10 FUNETICS (50m, Long Jump, 400m Turbo (Howler) Javelin)

There will be an entry fee of £5 which includes all 4 events

Athletes do not have to contest all four events but there will be medals for all athletes that complete all four

11:00-13:00 U12 FUNETICS (Long Jump, 75m, Turbo (Howler) Javelin, 600m)

There will be an entry fee of £5 which includes all 4 events

Athletes do not have to contest all four events but there will be medals for all athletes that complete all four

Note- U12 athletes can contest further individual events on Day 2 – see below

13:30 Steeplechase for all relevant age groups (U14 and older) – these races will also include athletes from Dorset AA and Avon AA

14:30 3000m for all relevant age groups (U16 and older)

15:00 800m Finals for all relevant age groups (U14 and older)

FIELD (for Funetics see above)

10:00 Pole Vault for all relevant age groups (U14 and older)

10:00 Hammer U12 and older

14:00 Seated throws for athletes with a disability (para-athletes)

DAY 2 Prospectus Sunday May 10th

Start times shown below are approximate – see the Roster website for confirmation after the closing date – I'm not expecting major changes

TRACK

11:00 Sprint hurdles - all relevant age groups
12:00 Long Hurdles – all relevant age groups
12:30 100m Heats U14 and older
13:30 1500m – U14 and older
14:00 100m Finals
15:00 300/400m - U16 and older
15:30 200m - U14 and older

Disability only

We offer wheelchair races at 100/200/300/400m – event times TBD

We offer frame racing at 100/200m – event times TBD

FIELD

10:15	HIGH JUMP	U12G/U12B/U14G/U14B/U16G/U16B/MASTERS M50 and older
10:15	LONG JUMP	U16B/U18M/U20M/SM (U14B at 11:30)
10:15	DISCUS	U12G/U12B/U14G/U14B/U16G/U16B
11:15	SHOT PUTT	U12G/U12B/U14G/U14B/U16G/U16B
11:30	LONG JUMP	U14G/U14B
11:30	DISCUS	U18W/U18M/U20W/U20M/SENIORS
13:00	TRIPLE JUMP	U16 and older
13:00	HIGH JUMP	U18W/U18M/U20W/U20M/SM/SW (Masters aged 50 and older compete at 10:15)
14:15	SHOT PUTT	U18W/U18M/U20W/U20M/SW/SM
14:30	LONG JUMP	U16G/U18W/U20W/SW (U14G at 11:30)
14:30	JAVELIN	U12G/U14G/U16G/U18W/U20W/SW + U12B/U14B
15:30	JAVELIN	U16B/U18M/U20M/SM

STANDARDS

No minimum standard is required in order for athletes to enter this championship.

However, we expect that all athletes will be adequately prepared, both physically and technically, for the events they intend to contest. This particularly applies to very technical events like pole vault and hammer.

THE METHODS OF ENTERING THE CHAMPIONSHIP

1. An online entry system is available through the Roster platform. This is the preferred method.

The link to the webpage is:

<https://meets.rosterathletics.com/public/competitions/details/about?id=26996>

Note that athletes who have not used the Roster software before will need to create an account when the athlete clicks on the 'Registration' button on the webpage.

Explanation about using the platform can be found on the Somerset AA website home page www.somerset-athletics.co.uk

The online entry is best suited to individual entries but could be used for groups.

Payment is made online when you enter the championship, using the same webform.

The entry will not be verified until payment is received.

If you are unsure about your availability on the championship weekend or unsure whether you will adequately prepared, please delay your entry until nearer the closing date.

2. There will be an alternative entry system using an Excel Workbook, accessible through the website www.somerset-athletics.co.uk

This is best suited to groups/schools and for athletes with a disability but it can also be used for individual entries.

Entries made in this way can be sent by E mail to

somersetathletics@hotmail.co.uk

However, payment must be made by cheque or BACS as soon as the entry is submitted

If you know how to, please delete any worksheets in this Excel workbook that are not relevant to your age group(s).

Cheques should be posted to:

Somerset Athletics
106 West Coker Road
Yeovil
Somerset
BA20 2JG

BACS payment to:

Account Name	Somerset County Athletic Association
(this is a business account)	
Sort code	30-99-98
Account no	00109298

DIRECTIONS TO THE TRACK and CAR PARKING

Pickett Ln, Yeovil BA21 3DS

The track is now called the Bill Whistlecroft Athletics Arena (formerly the Yeovil Athletics Arena) which is situated between the Ilchester Road (A37) and the Mudford Road (A359) in Yeovil.

There is plenty of parking for cars and **coaches** off the Mudford Road (A359).

Take the Mudford Road, going out of Yeovil, from the large roundabout to the south of Yeovil College.

After 800 metres from this roundabout, take the road marked Chilton Grove on your left. The car park is 200 metres at the end of this road.

The track can be seen from the car park across the playing fields adjacent to the car park.

There is also parking for **cars and minibuses only**, nearer the track.

From the Ilchester Road- take the Marsh Lane/ Picketts Lane entrance.

SAFETY AND FIRST AID

The in-field area (inside the track) is out of bounds to all individuals except officials and athletes contesting events in that area. Athletes in this area should be vigilant and look out for the warning sign (usually a hooter) which indicates that an implement is about to be thrown.

Athletes crossing the track to access the infield also need to be vigilant in order to avoid athletes contesting track events.

First Aid, if needed, will be administered on site trackside. Otherwise, athletes should report to the First Aid area near the equipment storage areas.

THE TRACK and TRACK EVENTS

Competitors should report to the start area of the relevant event 10 minutes before the time listed in the programme.

You must be at the event start at the time listed for the first heat, if heats are listed.

The surface is an all-weather surface. If spiked running shoes are used (these are recommended but not essential), then the needles in the shoe must not exceed 6 mm. in length.

The use of starting blocks will NOT be allowed in heats but, naturally, will be allowed in finals. Starting blocks are not allowed in the quadrathlon competition.

We will NOT be using a call room for assembly before an event.

False starts

False start rules will be as per UKA rules

Where Masters (35 years and older) compete in track events with Seniors (20-34 years) then the false start rule for Seniors (20-34 years) will apply

The false start rules might be waived/modified for the quadrathlon depending on instructions from the track referee.

Declarations

To avoid setting up unnecessary hurdles and steeplechase events we ask that athletes collect their bib number at least 45 minutes before the event start time and complete a declaration on the day that they intend to compete in that event

FIELD EVENTS

Athletes should report to the Pole Vault area 45mins prior to event **but for all other (field) events should report at least 20mins before the scheduled start time.**

Athletes who need to have personal throwing implements weighed will need to report to the **equipment** area (located between the announcer's block and the clubhouse) 45 minutes before the event. If you are involved with other events preventing your scheduled arrival please get a message to the field event team. Late arrival will probably prevent the athlete from being allowed a warm up throw/jump.

Medallists will be given a result slip at the end of the event, allowing them to collect medals as soon as the event is completed. Please wait until the end of the event so that you can collect the medals as a group (unless you need to leave to contest another event).

The number of trials for each competitor (throws/ horizontal jumps) will be a minimum of 3 trials. Based on the number of competitors on the day, we may be able to offer 4 trials for each athlete or 3 trials + 3 further trials.

The U10 and U12 quadrathlon will be allowed 3 trials only

The high jump and pole vault competitions will proceed in the following manner:
The **OPENING** height will be the lowest (practical) height selected by any athlete

The **SECOND** height will be as shown in the table below:

POLE VAULT

U14G/U16G	U18W	U20W	SW	U14B/U16B	U18M	U20M	SM
1.50m	1.70m	1.80m	1.80m	1.60m	1.80m	2.00m	2.20m

*Note: I am told that there will be flexibility on the part of the relevant field officials with regard to **Masters** athletes and their starting height and the mechanism of height progression*

HIGH JUMP

U12G/U14G	U16G/MASTERS	U18W	U20W	SW	U12B/U14B	U16B/MASTERS	U18M	U20M	SM
1.05m	1.15m	1.20m	1.25m	1.30m	1.05m	1.15m	1.25m	1.40m	1.40m

Subsequent heights will increase by an increment of 5 cms (HJ) or 10 cms (PV)

PHOTOGRAPHY

No photography is allowed in the in-field area, except for accredited photographers sanctioned by Somerset AA

Photography at all times should be 'appropriate'.

Spectators should not take images of children (aged under 18 years), other than their own child/children, except as part of a group or activity shot.

The Association may allow accredited professional photographer(s) to take photos of athletes during the championship. These images may be posted on the internet but will not show any personal details of the athlete(s) concerned. In particular, the athletes will not be named.

With regard to athletes under the age of 18 and adult IPC athletes, parents/guardians/carers may request that these athletes are not included in any photos. In this case, please contact the meeting manager at somersetathletics@hotmail.co.uk before the championship commences.

The current UKA policy regarding photography can be viewed here -

<https://www.uka.org.uk/wp-content/uploads/2020/10/Photographic-Policy-Guidance-for-Athletics-Clubs-and-Stadiums-updated-2020.pdf>

<https://www.uka.org.uk/wp-content/uploads/2023/03/Photographic-Policy-Guidance-for-Athletics-Clubs-and-Venues.pdf>

The event director David Cooke somersetathletics@hotmail.co.uk will give further guidance if required.

REFRESHMENTS AND CHANGING

Changing facilities and toilets are NOT available in the clubhouse – these can be found next to the playing fields above (north of) the track.

Refreshments for athletes/spectators will NOT be available from the YOAC clubhouse but they should be available from the pavilion next to the playing fields above (north of) the track.

The refreshments that are set out in the clubhouse are for officials only.

The other areas of the Yeovil Olympiads clubhouse situated trackside MAY NOT be available to us.

There is some bad weather cover in the main stand but this may be closed off during the championship.

In the event of rain or strong winds, suitable clothing/protection is recommended.

Schools and clubs are welcome to bring event shelters/tents to be erected at the 'top end' of the track.

RELAYS

No relay events are scheduled

BIB NUMBERS

Bib (vest) numbers will NOT be posted before the championship.

Numbers can be collected at the track on the day of the competition – from 9:00 in the YOAC clubhouse and later (11:00) from the announcer's hut.

Numbers must be worn front and back for all TRACK events.

For the jumping events, only one number is required.

Numbers should be pinned in the 4 corners.

Each athlete will have a unique number and this number is not shared with any other athlete in the championship.

The same number should be used on both days of the championships if athletes are competing on both days.

HEATS AND LANE ORDER

Where heats are required, lane order will be selected by the starter's assistant based on a list of athletes entered for that event.

Where heats were planned but insufficient athletes report to warrant more than one race, **the final will be run at the heat time.**

The starter's decision is final in respect of the lane draw.

Where a straight final is run because of insufficient athletes reporting, then the starter, with the seeding judge, will decide the lane draw.

HEATS TO FINAL QUALIFICATION- Hurdles/100/200/300/400

In other age groups, where heats are required, each heat winner will automatically progress from heats to final.

Sufficient non-automatic qualifiers will be added to make eight athletes in the final.

Lanes for qualifying finals will be seeded so that the fastest qualifiers have the favoured lanes.

Athletes who qualify for a final following a preliminary round must, at least, start the final if they wish to continue further events in the championship (that includes the second day). Such athletes only need to start the event- they do not necessarily need to complete this event final.

Athletes who qualify for a final but do not appear for the event will disqualify themselves from further events in this championship (including events on the second day and also any field event which they may have entered).

MEDALS AND CERTIFICATES

This year (2026) the SCAA committee has decided to award medals for *track events* as soon as an event has been processed and the result appears in Roster

For *field events*, athletes will be given slips to show the medallists as soon as the event is completed

Medal presentation will probably be in the YOAC clubhouse

Certificates will be available electronically, on request, after the championships via the website.

Medals will only be awarded to those athletes who have a Somerset qualification

There are NO medal standards

We will award medals to the first 3 Somerset athletes in each event, irrespective of the performance or the number of entries

RESULTS SERVICE

The Roster software will show event results as soon as the event has been processed and finalised

A full set of results will also appear on the County website after the championship

We do not plan to display paper results on the day

DAKTRONICS TIMING DISPLAY

Weather permitting, we hope to use a large LED display.

As this timer is stopped by a photo-eye, and may be stopped by an athlete's arm or head, the time displayed is only an approximation. However, the official photofinish time from the computer is unlikely to differ from this display time by more than 0.02s

PHOTOFINISH

It is very important that all athletes are reminded that they should not pass through the finish line except as competitors.

Similarly, athletes who have completed an event **should NOT pass backwards through the line and should move away from the finish line in a forward direction.**

Spectators should never cross the track or be on the track near the finish line.

THE DEFINITIVE TIMETABLE

This will appear on the County website shortly after the closing date

We plan to publish this timetable on Monday May 5th

AVON AA and DORSET AA athletes

The **3000m** races and all **steeplechase** races (May 9th) will be available to **Avon AA** athletes. These will act as Avon AA championship races.

The **steeplechase** races are also available to **Dorset AA** athletes and will act as Dorset AA championship races.

Avon AA and Dorset AA medals will NOT be distributed on the day – Avon AA inform me that medals will be distributed to clubs/individuals after the championship. At the time of writing, I'm not sure about Dorset medals

DISABILITY SPORT WALES now under the auspices of Welsh Athletics

See notes above regarding medals.

Seated throwers and wheelchair track athletes will have dedicated events in the timetable.

Ambulant throwers and ambulant track athletes will be included in the timetable in the same events as non-disability athletes

ANTI-DOPING REGULATIONS

All participants (including athletes and athlete support personnel) in any licensed event are bound to UK Athletics' anti-doping rules and must make themselves familiar with these rules. Organisers of licensed events are expected to cooperate with UK Anti-Doping with regards to any code-compliant anti-doping investigations and proceedings linked to their event or participants in their event, and to include the following statement regarding anti-doping compliance, provided by UKAD, within their event registration process:

"An entrant shall be deemed to have made himself/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 date of entering the event, whether or not the participant is a citizen of, or resident in, the UK."

The COMPETITION LICENCE

TRACK AND FIELD LICENCE ENGLAND ATHLETICS			
THIS IS TO CERTIFY THAT			
LICENCE NUMBER:	OUT 26/016	DATE OF ISSUE:	14/01/2026
SEASON:	OUTDOOR	VALID UNTIL:	11/05/2026
Level:	Level 1	Number of Dates:	2
Promoted By:	SOMERSET AA		
Event:	SOMERSET COUNTY T&F CHAMPIONSHIP		
COMPETITION DETAILS 1 - 2 (2 Event Dates)			
EVENT DATE:	09/05/2026	DIVISION:	VENUE: Bill Whistlecroft Stadium (Yeovil...
CITY:	YEOVIL		
HOST CLUB:			
CONDITIONS:			
EVENT DATE:	10/05/2026	DIVISION:	VENUE: Bill Whistlecroft Stadium (Yeovil...
CITY:	YEOVIL		
HOST CLUB:			
CONDITIONS:			
IS AUTHORISED TO BE HELD UNDER UKA RULES AND THE EVENT PROMOTER HAS AGREED TO ABIDE BY ENGLAND ATHLETICS RETURN TO COMPETITION GUIDANCE.			
This event is authorised to be held under UK Athletics rules and is subject to the appropriate pre-event risk assessments and safety checks being carried out. The appointment of sufficient and suitable Technical Officials to ensure a safe environment and the accuracy of results is also a necessity			
 Chris Jones Chief Executive Officer		 ENGLAND ATHLETICS	

David Cooke
Championship Secretary
16/03/2026

APPENDIX 1

FUNETICS GUIDANCE NOTES

For parents and competitors

I appreciate that many parents will be unfamiliar with track and field athletics

Funetics (FMC = Funetics Multi Challenge) is an England Athletics initiative designed to introduce young children into the sport

It comprises 4 events – the plan is to go quickly from one event to another and complete everything in 2 hours

At our County championship, the competition will be followed by presentation of medals for all children that complete all 4 events

If not convenient, children can contest 1,2 or 3 events if they do not wish to do all 4 events

Running shoes and clothing

Any sort of trainer/running shoe will be fine

If the athlete wishes to wear shoes with spikes, then that is OK but the 'needles/spikes' in the shoes must be less than 6mm long

T-shirt and shorts are the usual clothing for this sort of event. Make sure that the athletes have warm clothing to wear between events. It can be cold and wet in May.

Vest numbers (also called bib numbers)

All athletes will wear card numbers front and back on their vest/T-shirts. The numbers are best secured with safety pins in each corner. Please bring pins if you have them.

Numbers are collected from the clubhouse – see the picture of the track at the end of this appendix to see location of the clubhouse. Numbers can be collected from 10am Saturday morning (May 9th).

Spectators

The infield area (inside the track) should only be accessed by athletes and officials

Spectators are NOT allowed in this area

Parents must watch the long jump and the javelin from outside the track

The Somerset versus Dorset FMC Inter-County event

The competition on May 9th is one of a number of FMC events to be held this summer

These competitions will be used to select a Somerset team to compete against Dorset in September

A provisional date of Saturday September 12th has been agreed. The venue will be the Bill Whistlecroft Arena in Yeovil

Further details will follow

Events for athletes aged 8 years and 9 years (this is the child's age on the 31st August, 2026)

Events take place in this order - 50m/Long Jump/400m/Turbo Javelin

1. 50 metres – this is run in lanes on a straight section of the track near the stadium.

The starter will say 'on your marks' and then says 'set'

After that the starting 'gun' will fire and the race starts

The finish line is at the end of this home straight (see picture at the end of the appendix)

Runners should not go back across the finishline after finishing the race

2. 400 metres

This starts at the end of the home straight and finishes at the same place – in other words, one lap of the track (see picture at the end of the appendix)

The starter will say 'on your marks' and then the starting 'gun' will fire and the race starts

We think that the runners will line up along the curved line that is marked on the track

Runners should not go back across the finishline after finishing the race

3. Turbo Javelin (Howler)

Athletes in clubs might already be familiar with this javelin. If not, it looks like this-



Athletes will have 3 throws – there is defined area where the throw should take place and where it lands but we guarantee that at least one of the 3 throws is measured, wherever it lands

4. Long jump

The jump uses a sand pit and a run up strip. Athletes will be allowed to take-off from a 'generous' area on the run up strip and the jump is measured from the take-off.

We guarantee that at least one jump will be measured.

Events for athletes aged 10 years and 11 years (this is the child's age on the 31st August, 2026)

Events take place in this order - Long Jump/75m/Turbo Javelin/600m

1. 75 metres

See instructions for the 50m race as shown above

2. 600 metres

See instructions for the 400m race as shown above, except the start is at the half way point on the track

3. Long Jump and Howler Javelin

See instructions shown above for the competition for the 8 and 9 years old athletes

TRACK LAYOUT showing location of start locations/finishline/clubhouse

