

Lincolnshire Athletics T&F Championships 2026 Prospectus



Saturday 9th May and Sunday 10th May 2026

PRSA, Great Fen Rd, Wyberton, Boston PE21 7PB

EA Licence No. OUT 26/025

1. Welcome to Lincolnshire Athletics County Championship 2026

A warm welcome is extended to all athletes and spectators.

2. Eligibility to Compete

Athletes are eligible either by virtue of birth or residence in Lincolnshire. Some athletes will have a dual qualification i.e. born in one County living in the other – these athletes must choose which County they wish to compete in, or for. They must stay with the same county each calendar year so if they entered Cross Country Championships of either County in 2025/2026 XC season they have made their choice for this year.

3. Age Groups

U10 - at least 8 or 9 years old on 31st August. 2026

U12 - at least 10 or 11 years old on 31st August. 2026

U14 - 12 or 13 years old on 31st August. 2026

U16 - 14 or 15 years old on 31st August. 2026

U18 - 16 or 17 years old on 31st August. 2026

U20 - 18 or 19 years old on 31st December 2026

Seniors are 20 and over on 31st December 2026

Masters will be in the age groups below on the day of competition:

35 - 39 M35 W35	60 - 64 M60 W60	85 - 89 M85 W85
40 - 44 M40 W40	65 - 69 M65 W65	90 - 94 M90 W90
45 - 49 M45 W45	70 - 74 M70 W70	95 - 99 M95 W95
50 - 54 M50 W50	75 - 79 M75 W75	100+ M 100 W100
55 - 59 M55 W55	80 - 84 M80 W80	

4. Awards

The first three competitors in each event and age group will be awarded county badges.

5. Entries.

We are using the Roster Platform this year and all athletes, parents, coaches or clubs will need to follow this link to create an account if they don't already have one:

<https://meets.rosterathletics.com/public/signup>

Once signed up simply search for our Lincolnshire Championships event.

Alternatively follow the link below and select the registration button:

<https://meets.rosterathletics.com/public/competitions/details/about?id=27900>

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6. Data Protection

By entering you agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age category. *In compliance with the Data Protection Act.*

7. Starting heights and Number of trials

Opening heights

U14 Girls HJ will open at 1.00m - the bar rising in 5cm increments.

U14 Boys HJ at 1.10m - the bar rising in 5cm increments.

PV will start at 1.70m rising in 10cm increments.

Throws and horizontal jumps will be a 'straight 4 attempts'

U12 Long Jump will be 3 Jumps Only.

Athletes may use their own implements if the equipment has been presented to the Field Referee for weighing at least 1 hour prior to the event in which the equipment shall be used. Athletes may use their own Starting blocks (needs approval by Starter's assistant).

8. U10 & U12 – Multi-events

For the first time ever in the county champs U10s and U12s are offered a multi-event (Funetics type) competition consisting of 3 events. These will take place on Sunday and will start at 9am and will hopefully finish before the main programme starts at 10:30am. Athletes will need to register and collect numbers by 8:45am.

9. UKA Anti-Doping Rules:

UKA Anti-Doping Rules

Athletes are required to read this statement from UKA

'An entrant shall be deemed to have made him/herself/their self, 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 entry, whether the licence holder is a citizen of, or resident in, the UK.'

Entering the County Championships will be taken as acceptance of the above statement.

10. Closing date:

The closing date is 19/4/2026 (midnight). No late entries accepted.

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11. Entry Fees:

Meeting Fee = £5

U10 and U12 multi-event = Meeting fee plus £8
i.e. £5+£8 = £13

U16 and Under - Meeting fee plus £4 per event
i.e. 1 event is £5+£4 = £9

U18 and older – Meeting fee plus £5 per event
i.e. 1 event is £5+£5 = £10

Please note the number of events an athlete in each age group may compete in is as below.

UKA rules to be applied

U12s, U14s, U16s and U18s can only do 3 events per day

U14s can only compete in one event between 800m and 1500m

Athletes may enter and pay for as many events as they choose but will be limited on the day to the number of events they are allowed to compete in for their age group.

*** The organisers reserve the right to cancel events where there are insufficient entries or for other logistical reason – a full refund or transfer to another event will be offered. ***

We are unable to issue refunds under any other circumstances.

12. Officials/volunteers:

Lincolnshire Athletics expresses its gratitude to all the Officials and helpers who are supporting this event, without whom this would not have been possible.

Meeting Manager - Paul Davidson

Chief Field Judge - Marta McNally

Chief Track Judge - Lisa Ashcroft

Chief TK - Sylvia Philips

Starter - John Hallatt

Clerk of course - Terry Timmis

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13. Event Prospectus

SATURDAY																						
Age Grp	Track																	Field				
	75	100	150	200	400	600	800	1200	1500	3000	75H	80H	100H	110H	200H	300H	400H	LJ	DT	SP	HJ	HT
U12 F	75		150			600												LJ				
U12 M	75		150			600												LJ				
U14 F		100					800								200H			LJ	DT	SP		
U14 M		100					800								200H				DT			
U16 F		100					800			3000						300H			DT	SP		HT
U16 M		100					800			3000						300H		LJ	DT			HT
U18 F		100					800			3000							400H		DT	SP	HJ	HT
U18 M		100					800			3000							400H	LJ	DT		HJ	HT
U20 F		100					800			3000							400H	LJ	DT	SP	HJ	HT
U20 M		100					800			3000							400H		DT		HJ	HT
SW		100					800			3000							400H	LJ	DT	SP	HJ	HT
FV		100					800			3000							400H	LJ	DT	SP	HJ	HT
SM		100					800			3000							400H		DT		HJ	HT
MV		100					800			3000							400H		DT		HJ	HT

SUNDAY																																								
Age Grp	Track																	Field																						
	100	150	200	300	400	600	800	1200	1500	3000	75H	80H	100H	110H	200H	300H	400H	LJ	JT	SP	HJ	TJ	PV																	
U10 F			Multi-event - 50m, LJ, Howler throw																																					
U10 M			Multi-event - 50m, LJ, Howler throw																																					
U12 F			Multi-event - 75m, LJ, Howler throw																																					
U12 M			Multi-event - 75m, LJ, Howler throw																																					
U14 F			200					1200	1500		75H												HJ																	
U14 M			200					1200	1500			80H						LJ			SP	HJ																		
U16 F			200	300					1500			80H						LJ	JT			HJ																		
U16 M			200	300					1500				100H						JT	SP	HJ																			
U18 F			200		400				1500				100H					LJ	JT					PV																
U18 M			200		400				1500					110H					JT	SP				PV																
U20 F			200		400				1500				100H						JT				TJ	PV																
U20 M			200		400				1500					110H				LJ	JT	SP		TJ	PV																	
SW			200		400				1500				100H						JT				TJ	PV																
FV			200		400				1500				100H						JT				TJ	PV																
SM			200		400				1500					110H				LJ	JT	SP		TJ	PV																	
MV			200		400				1500					110H				LJ	JT	SP		TJ	PV																	

Please note – the above tables are not the running order of events. The detailed timetable will be shared once the entries have closed.

It is a packed programme and we will endeavour to avoid clashes of events where we can but there is a strong possibility some clashes will still occur.

It is up to the athletes to manage this on the day. Our officials will endeavour to accommodate any athlete when they need to leave for another event. Please remember that the track events have precedence over field events.