|  |  |  |
| --- | --- | --- |
|  | **Army School of Physical Training**Training Wing, Fox Lines, Queens Avenue, ALDERSHOT Hampshire, GU11 2LB | New Image |
| **Telephone**: 01252 787274 **Military**: 94222 7274**Fax**: *01252 787250***Fax**: *94222 7143***Email**: ASPT-Inst-3@mod.gov.uk  |
| See Distribution: |  Reference: ASPT/ATH/01/19  Date: 21 Feb 19 |

REGIONAL COMMAND (UK SOUTH) AND LONDON DISTRICT INTER UNIT TEAM ATHLETICS COMPETITION 2019

References:

A. 2014DIN07-028 – Duty Status

B. JSP 375 - The MoD Health and Safety Handbook

C. D/DTrgA/14/04/02 – Medical Cover For Sport

**General**

1. The Regional Command (RC (UK South)) and London District (LONDIST) Inter Unit Team Athletic Competition will take place at the **Aldershot Military Stadium** on **Thur 23 May 19**. The competition will incorporate the following:

 a. RC (UK South) Major Unit Competition.

 b. RC (UK South) Minor Unit Competition.

1. RC (UK South) Ladies’ Team Competition.
2. LONDIST Major/Minor Unit Team Competition.
3. LONDIST Ladies’ Team Competition.

### Participation

2. Participation will be as follows:

 a. Major Units: Are required to participate in all events. Failing to enter an athlete

into an event will result in 0 points.

1. Minor Units: Are required to participate in all events. Failing to enter an athlete

into an event will result in 0 points.

c. Ladies Teams: Will not participate in 3000m steeplechase, pole vault or hammer. For all other events they will be required to participate.

**Team Entry**

3. All teams will compete separately to one another. Major, Minor and Women’s units may only enter one team. Competitors may not swap teams during the competition or on any subsequent round unless the original team withdraws.

4. Major, Minor and Ladies team competitors may be required to run together in their respective events (1500m, 3000m and 5000m).

5. Competitors will be permitted 3 trials in the field events.

### Competitor Restrictions

6. Each athlete may take part in a combination of three track or field events including both relays.

### Rules

### 7. The Competition will be conducted in accordance with UK Athletics rules which are found on the UKA website [www.britishathletics.org.uk/competitions/rules/](http://www.britishathletics.org.uk/competitions/rules/). Team captains are to ensure that all athletes are fully content with the rules. In previous competitions, teams have lost points due to the lack of understanding of the rules.

**Disqualification**

8. Where a team is disqualified, it will score zero points in that event; this includes field event competitors who record no height/ distance.

# Scoring

9. The following scoring system will be used throughout the competition:

a. In track and field events, the winner of each event will score the same number of points as there are teams entered in the competition, not athletes; for example 6 teams would score the following points, 6, 5, 4, 3, 2, 1. If a team was unable to enter an event the following scoring would be applied, 6, 5, 4, 3, 2, 0. In the event of two teams not finishing an event the following scoring will be applied 6, 5, 4, 3, 0, 0. If one team entered an event but retired due to injury the athlete would receive 0 point.

b. Subject to the number of unit entries there could be 2 races (heats) for each track event up to and including the 800m. A final will not be contested; results will be determined by times from both races.

c. Double points are awarded for team relay events i.e. if there are 6 teams, 12, 10, 8,

6, 4, 2 points will be awarded.

d. High Jump. In the event of any tie in the High Jump the points will be shared. There will be no jump off.

**Final Team Placing**

10. The points from each event will be totalled at the end of the competition the unit scoring the highest number of points shall be deemed the winner.

11. In the event of 2 or more teams scoring the same number of total points, the order of merit shall be determined by the greatest number of 1st places, and if a tie remains, the greater number of 2nd places will decide the event winners.

12. Teams in the major unit’s competition regardless of A or B designation will qualify to the next round (annotated at para. 26).

### Registration/Team captains brief

13. All team managers are requested to report to marshalling area at **0815 hrs** for a team captains brief and to hand in team declaration forms attached at Annex D.Team managers are requested to forward a completed team entry form at Annex C to the Secretary ASPT-Inst-3@mod.gov.uk by COP **Wed 15 May 19**. The pre-competition Team Manager’s brief is detailed at Annex E.

**Events**

14. The events are as follows:

 a. **Men’s Major/Minor Units**

|  |  |
| --- | --- |
| 100m | High Jump |
| 200m | Long Jump |
| 400m | Triple Jump |
| 800m | Shot |
| 1500m | Discus |
| 5000m | Hammer |
| 110m Hurdles | Javelin |
| 3000m Steeplechase |  |
| 4 x 100m Relay |  |
| 4 x 400m Relay |  |

b. **Ladies Team**

|  |  |
| --- | --- |
| 100m | High Jump |
| 200m | Long Jump |
| 400m | Triple Jump |
| 800m | Discus |
| 1500m | Shot |
| 5000m | Javelin |
| 100m Hurdles |
| 400m Hurdles |
| 4 x 100m Relay |  |
| 4 x 400m Relay |  |

15. Event Officials will monitor the skill level from competing units and of individuals prior to start of that event. For example, where necessary, the hurdles may be reduced to an appropriate height etc.

**Programme of Events**

16. The programme of events for the competition is enclosed at Annex B. The Secretary reserves the right to change the programme should it be necessary.

**Officials**

17. SSgt (SSI) Turner RAPTC (OIC Officials) will co-ordinate the officials for the events. All selected officials are to report to the official’s area at **0830 hrs** for a thorough brief of the day’s events.

**Dress**

18. All competitors are to compete in their unit team athletic strip.

**Messing**

19. Participating teams are responsible for their feeding arrangements.

**Duty Status**

20. In accordance with Reference A, Commanding Officers are to authorise ‘on duty’ status prior to names being released on Orders. Soldiers participating in this event must have their names detailed on Part One Orders prior to the event.

21. Team Captains are to ensure all team members are Medically Fully Deployable (MFD).

**Safe System of Training**

22. In accordance with Reference B and C, the event is conducted within the parameters of the Safe System of Training (SST):

 a. Safe Persons.

 b. Safe Equipment.

 c. Safe Practice.

 d. Safe Place.

**Spectators**

23. All spectators are to remain at the viewing area and are not permitted to enter the field and track area unless authorised by the event IC.

**Responsibilities**

24. **Athletics Secretary.** The Athletics Secretary is the event IC who will have the overall responsibility for the competition, in accordance with UKA guidelines.

25. **Officials.** The officials are to be qualified and in date. They will follow the direction and rules set by the UKA and have full responsibility for safety of the competitors during each event.

26. **Team Captains.** Team Captains are to ensure the following:

a.All participants are MFD.

 b. Participants are fully hydrated throughout the day.

 c. All participants eat throughout the day to maintain good energy levels.

 d. Event practise is conducted to ensure all participants are aware of the rules.

 e. Participants are ‘on duty’ and names must be placed on Part One Orders prior.

27. **Insurance.** All participants are advised to have their own 3rd party liability insurance.

### Parking

28. The local police will place illegal parking notices on all vehicles not in a designated parking area. Therefore, athletes should park in the ASPT car park and encouraged to lift share if possible.

### Medical

29. First aid kits will be available at the stadium. Minor injuries will be managed by a medic who will be present throughout the day. MOD Form 510 will be completed by the event IC for all injuries, as required, throughout the day.

### Changing Facilities

30. Male and female showers and changing facilities are available at the stadium.

**Trophies**

31. It is requested that team managers return all trophies won last year to the marshalling area when they attend the registration brief at 0815.

32. The following personnel are to ensure the RC (UK South) Athletics Trophies are returned:

a. 22 Engrs - Athletics OiC- Major Unit Trophy

b. DMG - Athletics OiC - Ladies Trophy

c. ASPT - Athletics OiC - Minor Unit Trophy

**Progression to next competition**

33. Progression from this competition will be the Inter Unit Team Finals. This will take place on 6 Jun 19 at Aldershot (**TBC**). **The first 5 major units, 3 minor and 2 women’s units** will qualify for the Finals on. These will be joined by **1 major 1 minor and 1 women’s unit from LONDIST.**

### Prize Giving

34. The prize giving will take place at approximately **1630hrs**. All teams are expected to attend the prize giving showing support to all competitors and the prize winners accordingly.

**Summary**

35. The RC (UK South) and LONDIST Inter Unit Team Athletic Competition is one of a few events in the Athletics calendar that provides a platform for new talent to demonstrate their potential. In addition, it also provides an opportunity for Team and Army Coaches to assess the form of known athletes.  To that end, all Units within RC (UK South) and LONDIST are strongly encouraged to participate in this Competition to maintain the ethos of Sport across the Army.

*K.Bowling*

K Bowling

Sgt (SI)

Regional Comd (UK South) Athletics Secretary

Annexes:

A. Risk Assessment

B. Programme of Events

C. Team entry form

D. Team Declaration form

E. Team Managers Brief

Distribution:

HQ RC – SMI Sport - Please distribute to all Regional Comd (UK South) units

HQ Lon Dist – SMI G7 PD - Please distribute to all Lon Dist units

Copy to:

HQ RC SO2 G7 PD

HQ Lon Dist SO2 G7 PD

RC (UK South) Athletics chairman

Army Athletics Secretary

 **Annex B to**

 **ASPT/ATH/01/19**

 **Dated 21 Jan 19**

**PROGRAMME OF EVENTS**

**TRACK EVENTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **EVENT NO** | **TIME** | **EVENT** | **COMPETITION** |
| 1 | 0930 | 400m Hurdles | Minor |
| 2 | 0935 | 400m Hurdles | Major Heat 1 |
| 3 | 0940 | 400m Hurdles | Major Heat 2 |
| 4 | 0945 | 400m Hurdles | Women |
| 5 | 0955 | 5000m | Women |
| 6 | 1030 | 800m | Major Heat 1 |
| 7 | 1040 | 800m | Major Heat 2 |
| 8 | 1050 | 800m | Minor |
| 9 | 1055 | 800m | Women |
| 10 | 1100 | 5000m | Major/Minor |
| 11 | 1130 | 200m | Minor  |
| 12 | 1135 | 200m | Major Heat 1 |
| 13 | 1140 | 200m | Major Heat 2 |
| 14 | 1145 | 200m | Women |
| 15 | 1200 | 110m Hurdles | Minor |
| 16 | 1205 | 110m Hurdles | Major Heat 1 |
| 17 | 1210 | 110m Hurdles | Major Heat 2 |
| 18 | 1215 | 100m Hurdles | Women |
| **Lunch Break 1230 - 1300** |
| 19 | 1300 | 1500m | Women |
| 20 | 1310 | 400m | Minor |
| 21 | 1315 | 400m | Major Heat 1 |
| 22 | 1320 | 400m | Major Heat 2 |
| 23 | 1325 | 400m | Women |
| 24 | 1330 | 100m | Minor |
| 25 | 1335 | 100m | Major Heat 1 |
| 26 | 1340 | 100m | Major Heat 2 |
| 27 | 1345 | 100m | Women |
| 28 | 1350 | 1500m | Major |
| 29 | 1400 | 1500m | Minor |
| 30 | 1430 | 3000m S/C | Major/Minor |
| 31 | 1500 | 4 x 100m Relay | Minor |
| 32 | 1510 | 4 x 100m Relay | Major Heat 1 |
| 33 | 1520 | 4x 100m Relay | Major Heat 2 |
| 34 | 1530 | 4x 100m Relay | Women |
| 35 | 1540 | 4 x 400m Relay | Minor |
| 36 | 1550 | 4 x 400m Relay | Major Heat 1 |
| 37 | 1600 | 4 x 400m Relay | Major Heat 2 |
| 38 | 1610 | 4 x 400m Relay | Women |

Note:

Prize giving will be at 1630.

 Timings are subject to change.

 **Annex B to**

 **ASPT/ATH/01/19**

 **Dated 21 Jan 19**

**PROGRAMME OF EVENTS**

 **FIELD EVENTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **EVENT NO** | **TIME** | **EVENT** | **COMPETITION** |
| 1 | 0900 | Hammer | Major |
| 2 | 0900 | Shot | Women |
| 3 | 0900 | High Jump | Minor |
| 4 | 0945 | High Jump | Women |
| 5 | 0945 | Javelin | Minor |
| 6 | 0945 | Long Jump | Major |
| 7 | 1030 | High Jump | Major |
| 8 | 1030 | Hammer | Minor |
| 9 | 1030 | Long Jump | Women |
| 10 | 1115 | Triple Jump | Women |
| 11 | 1115 | Shot | Major |
| 12 | 1115 | Discus | Minor |
| 13 | 1200 | Triple Jump | Major |
| 14 | 1200 | Javelin | Women |
| **Lunch Break 1230 -1300** |
| 16 | 1300 | Javelin | Major |
| 17 | 1300 | Long Jump | Minor |
| 18 | 1345 | Discus | Major |
| 19 | 1345 | Triple Jump | Minor |
| 20 | 1430 | Shot | Minor |
| 21 | 1430 | Discus | Women |

**Note:**

Prize giving will be at approx. 1630.

Timings are subject to change.

 **Annex C to**

 **ASPT/ATH/01/19**

 **Dated 21 Jan 19**

### TEAM ENTRY FORM

|  |  |
| --- | --- |
| **To**:Sgt (SI) K Bowling RAPTCTraining WingFox LinesQueens AvenueALDERSHOT GU11 2LB  | **From**:Rank/Name: Unit Address:  |
| **Tel Mil:** 01252 787274**Fax Mil:** *01252 787250***Email:** ASPT-Inst-3@mod.gov.uk  | **Tel Mil:** **Fax Mil:** **Email:**  |

Team/Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RC (UK South)/LONDIST: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Major Unit/Minor Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Male/Female Team : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rank: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### Return to Sgt (SI) Bowling RAPTC by COP Wed 29 May 19.

**Annex D to**

 **ASPT/ATH/01/19**

 **Dated 21 Jan 19**

 **TEAM DECLARATION FORM**

 Team/Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 RC (UK South)/LONDIST: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Major Unit/Minor Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Male/Female Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **TRACK** | **EVENT** | **NAME** |
| **100 Metres** |  |
| **200 Metres** |  |
| **400 Metres** |  |
| **800 Metres** |  |
| **1500 Metres** |  |
| **5000 Metres** |  |
| **110 Metre Hurdles** |  |
| **400 Metre Hurdles** |  |
| **3000 Metres Steeplechase** |  |
| **RELAY** | **4 x 100 Metres** | **1.** | **3.** |
| **2.** | **4.** |
| **4 x 400 Metres** | **1.** | **3.** |
| **2.** | **4.** |
| **FIELD** | **High Jump** |  |
| **Long Jump** |  |
| **Triple Jump** |  |
| **Pole Vault** |  |
| **Discus** |  |
| **Shot** |  |
| **Javelin** |  |
| **Hammer** |  |

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Team Captain)

#### Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### Return to Sgt (SI) Bowling RAPTC at the team managers brief at 0815

 **Annex E to**

**ASPT/ATH/01/19**

 **Dated 21 Jan 19**

**TEAM MANAGERS BRIEF – REGIONAL COMMAND (UK SOUTH) AND LONDIST** **INTER UNIT TEAM ATHLETIC COMPETITION 2019**

1. Team managers are to report to the Organising Secretary at 0815 for a team manager’s brief. Team managers are to hand in team declaration forms attached at Annex D.

2. All team members must wear the team letters front and back on their vests when competing. Team Letters will be provided by the organisers; however, teams are to ensure they bring a sufficient number of pins.

3. Only designated areas outside the athletic track will be used for warming up. Warming up will not be allowed on the track or centre of the arena. The officials in charge will control practice attempts for all field events.

4. It is the responsibility of respective team managers to ensure competitors report to the Chief Marshal at least 10 minutes prior to their respective event taking place or when called for by the announcer. If they are late for their event the race will start without them.

5. Variations in the programme timings will be announced over the public-address system by the announcer – please note any changes. Events will not be delayed if teams/competitors fail to report at the designated time.

6. It is the responsibility of the team manager and respective competitors to know the rules before their event takes place – if in doubt ask the official in charge and do not wait until after the event has taken place.

7. Please ensure all members of the team are correctly dressed, e.g. team tracksuit/athletic strip for the presentation of team trophies and medals at the end of the competition. The team trophy will be presented to either the team captain or a nominated team member who is to remain with the Presenting Officer to introduce the other members of the team. All teams are encouraged to remain for the prize giving.

8. Finally, the organisers wish all teams and their competitors an enjoyable and memorable competition.

**Bring Team confirmation sheet at Annex C to Sgt (SI) Bowling RAPTC at the Team Managers brief at 0815**