ARMY ATHLETICS ASSOCIATION

Telephone: Mil (94222) 7087/7088 ASCB Room G23

Civilian: 01252 787087/7087 Mackenzie Building

FAX: 94222 7094 Fox Lines, Queens Avenue

Civilian: 01252 787094 Aldershot GU11 2LB

Email: [jkilloran@ascb.uk.com](mailto:jkilloran@ascb.uk.com) Email: [cmurton@ascb.uk.com](mailto:cmurton@ascb.uk.com)

**President**

**Brigadier J H Ridge**

**Chairman**

**Lieutenant Colonel H Long PWRR**

**Secretary**

**Maj (Retd) J Killoran**

**www.armyathletics.org Find us on Facebook – Army Athletics**

**THE ARMY INTER CORPS & INDIVIDUAL ATHLETICS CHAMPIONSHIPS - WEDNESDAY 24 MAY 2017**

**Introduction**

1. **General.** The Inter Corps and Individual Athletics Championships, will be held on Wed 24 May 17 at the Military Stadium Aldershot.

2. **Aim.** The aim of this instruction is to detail the administration requirements of the event.

**The Competition**

3. **General.**  The aim of the Championships is to promote athletics and encourage competition between Corps. The competition will be run in accordance with England Athletics rules. All events will form part of the team competition. The programme of events is attached at Annex D.

4. **Team Size.** Each Corps may enter 1 male and 1 female team. Male teams are to enter 2 competitors in each event (A and B String) and female teams are to enter one competitor in each event. The number of events that any one member may enter is laid down in the rules at Annex E. All competitiors in the Inter-Corps event will automatically be entered into the individual Championships. For all male and female track events, timings from the Inter Corps and Individual heats will be compared to decide the Individual Championships placing. The field events will combine individual entrants, not included in Corps teams, and Corps representatives.

5. **Team Declaration Proforma.** Team Captains are to complete the team sheet at Annex D and submit it to the Event Secretary at the Team Captains’ brief at 0830hrs on Wed 24 May 17.

6. **Entry Details.** Corps wishing to enter should complete the entry form at [Annex](#AnnexD) A and forward it, with appropriate entry fees to the event secretary Maj (Retd) John Killoran **no later than Fri 19 May 17**. Cheques are to made payable to **CENTRAL BANK ASCB** or, if units wish to pay by BACS bank transfer, please pay into bank account 10529980 sort code 16-19-26 and use reference Inter-Corps Athletics. Entry fees are £70 per Men’s team and £40 per Women’s team. Individual entries **may** be taken for individuals who wish to compete in an event but do not form part of their Corps team for that event. This is dependant on the number of lanes available and individual entries for each event. An entry fee of £5.00 is to accompany the Individual entry form and submitted to the Army Athletics Secretary. **Entries will not be accepted without these fees.**

7. **Team Captains.** Each unit is to appoint a Team Captain. One of their responsibilities is to ensure the team declaration sheets are completed prior to the event and handed in during the Team Captains’ brief; they must also ensure nominated athletes turn up to their individual events in good time.

8. **Programme of Events.** The programme of events is outlined at [Annex](#AnnexE) D and may be subject to minor changes. Any such changes will be briefed by the Event Secretary during the team captains’ brief on Wed 24 May 17.

**Conduct of the Event**

9. **Administration.** The following administration points are to be noted.

a. **Registration.** Registration and Team Captains’ brief will take place at 0830hrs 24 May 17 at the Military Stadium, Aldershot. The first event will start at 0900hrs.

b. **Feeding.**  Competing units are to make their own feeding arrangements for the day of the event. Refreshments will be available for competitors to purchase throughout the day. VIP feeding will be provided for lunch.

c. **Changing facilities.** Changing rooms and toilets are available within the Aldershot Military Stadium..

d. **Medical.** A first aid kit for minor injuries will be available at the stadium. For serious injuries casualties 999 will be called.

e. **Officials.** SSgt Maclellan (RAPTC) will co-ordinate all officials.

f. **Athletics Equipment.** All equipment for the championships will be provided by the Army Athletics Association less pole vaults. Individuals who are participating in this event should provide their own pole. Equipment has been checked for serviceability.

g. **Risk Assessment**. The Event Secretary will produce the event Risk Assessment (RA) this will be on display during the event.

10. **Events.** Team Captains will be briefed at registration on the running order and any changes to the programme. Adherence to timings will be vital to the success of the day.

11. **Scoring.** The scoring for the event will be briefed to all Team Captains on the day.

12. **Prizes.** Prizes (medals) will be awarded to winners and runners up in each event; team trophies will also be awarded. The medals available will be 20 for the men’s teams and 12 for the women’s teams. There will also be medals awarded for the first 3 individuals in both the Male and Female events. The prize-giving will be conducted at lunchtime for those individuals who have completed their events and on the conclusion of the competition for the remaining events. Teams are requested not to depart from the Athletics stadium until prize giving is completed.

13. **Corps Representatives.** Corps representatives are encouraged to support their teams, lunch and light refreshments will be provided. Team captains are requested to confirm attendance of VIP’s by COP Fri 19 May 17, to assist with VIP feeding planning.

14. **Authority to Travel.** This letter is the authority for teams and individuals to travel at public expense to this approved Inter-Corps fixture, in accordance with JSP660 and 2017DIN10-023. All travel arrangements are to be by the cheapest and most economical means and coordinated so as individuals travelling from the same or near unit locations travel together.

15. **Summary**. The Inter Corps Athletics Championships will provide an excellent opportunity to enjoy a day of athletics competition. It will also serve to identify the current in form athletes for future Army level athletic squads. Any questions about the competition should be addressed to the Event Secretary Maj (Retd) John Killoran.

[Original Signed]

C Murton

Event Assistant Secretary for the AAA Secretary

Annexes:

1. [Inter Corps Athletics Championships 2017 – Entry Form](#AnnexA)
2. [Inter Corps Athletics Championships 2017 – Team List](#AnnexB)
3. [Inter Corps Athletics Championships 2017 – Individual Entry Form](#AnnexC)
4. [Inter Corps Athletics Championships 2017 – Programme of Events](#AnnexD)
5. [Inter Corps Athletics Championships 2017 – Inter-Corps Rules](#AnnexE)
6. [Inter Corps Athletics Championships 2017 - Team Managers Brief](#AnnexE)

Distribution:

AGC Athletics Secretary\*

RE Athletics Secretary\*

RA Athletics Secretary\*

Inf Athletics Secretary \*

RAPTC Athletics Secretary\*

Royal Signals Athletics Secretary\*

AMS Athletics Secretary\*

Int Corps Athletics Secretary\*

RLC Athletics Secretary\*

REME Athletics Secretary\*

Copy to:

Chairman AAA

COS ASCB

Army Athletics Team Managers

**Annex A to**

**AAA/Athletics/2017**

**Dated 4 April 17**

To: Claire Murton From: Name/Rank:……………………

Army Athletics Association

ASCB

Rm G23 Mackenzie Building

Fox Lines

Queens Avenue

Aldershot

GU11 2LB

**ENTRY FORM FOR INTER CORPS ATHLETICS CHAMPIONSHIPS 2017**

Corps:…………………………………………………… Men/Women’s\* Team

Address:……………………………………………………………………………………………….

……………………………………………………………………………………………………………

……………………………………………………………………………………………………………

Team Colours:………………………………………… (Vest)………………… (Shorts) …………

A cheque for the amount of £…………… is enclosed in respect of the entry fee into the Inter Corps Athletics Championships 2017. Cheque No:……………………

Sign:……………………………………………………

Print:……………………………………………………

Tel:……………………………………………………..

E-mail:………………………………………………….

Date:……………………………………………………

\*Please delete accordingly

**PLEASE RETURN BY NLT Mon 15 May 17**

**Annex B to**

**AAA/Athletics/2017**

**Dated 4 Apr 17**

From: Name/Rank:…………………………….

**TEAM LIST FOR INTER CORPS ATHLETICS CHAMPIONSHIPS 2017**

Men/Women’s\* Corps Team:…………………………………………………

Team Manager:………………………………………………………………..

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **A String** | **B String** | **Remarks** |
| **100m** |  |  |  |
| **200m** |  |  |  |
| **400m** |  |  |  |
| **800m** |  |  |  |
| **1500m** |  |  |  |
| **5000m** |  |  |  |
| **100m Hurdles** |  |  |  |
| **110m Hurdles** |  |  |  |
| **400m Hurdles** |  |  |  |
| **3000m Steeplechase** |  |  |  |
| **4 x 100m Relay** | **(1) (2)**  **(3) (4)** | |  |
| **4 x 400m Relay** | **(1) (2)**  **(3) (4)** | |  |
| **Triple Jump** |  |  |  |
| **Long Jump** |  |  |  |
| **High Jump** |  |  |  |
| **Pole Vault** |  |  |  |
| **Hammer** |  |  |  |
| **Shot** |  |  |  |
| **Discus** |  |  |  |
| **Javelin** |  |  |  |

**TO BE RETURNED NO LATER THAN 19 MAY 2017. FAX TO 9 4222 7094 Tel 94222 7088 OR EMAIL:** [**cmurton@ascb.uk.com**](mailto:cmurton@ascb.uk.com)

**Annex C to**

**AAA/Athletics/2017**

**Dated 4 Apr 17**

#### ENTRY FORM

**ARMY INDIVIDUAL ATHLETICS CHAMPIONSHIPS**

### INDIVIDUAL CHAMPIONSHIPS 24 MAY 2017 AT ALDERSHOT MILITARY STADIUM

(Which must be completed in every detail and forwarded to the following address to arrive by 19 May 2017). Cheques to be made payable to “ASCB Central Bank”.

To: Secretary, Army Athletics Association

Mackenzie Building

Fox Lines, Queens Avenue

Aldershot

Hants

GU11 2LB

1. **TO BE COMPLETED BY ENTRANTS**

**SENIOR**  Male ☐ Female ☐

Service No: Rank:

First Name: Surname:

Date of Birth: Regt/Corps:

Unit Postal Address:

Mob No Unit Tel No:

2. Please enter me for the following events:

Events Best Performance \*\*\* Date

3. The appropriate fee of £ is enclosed. (£5.00 per event).

Date: Signature:

**TO BE RETURNED NO LATER THAN 19 MAY 2017. FAX TO 9 4222 7094 Tel 94222 7088 OR EMAIL:** [**cmurton@ascb.uk.com**](mailto:cmurton@ascb.uk.com)

**Annex D to**

**AAA/Athletics/2017**

**Dated 4 Apr 17**

**PROGRAMME OF EVENTS INTER CORPS AND INDIVIDUAL CHAMPS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event No** | **Time** | **Event** | **Championships**  IC – Inter Corps  IND – Individual  M – Men  W – Women | **Remarks** |
| **1**  **2**  **3**  **4**  **5**  **6**  **7**  **8**  **9**  **10**  **11**  **12**  **13**  **14**  **15**  **16**  **17**  **18**  **19**  **20**  **21**  **22**  **23**  **24**  **25**  **26**  **27**  **28**  **29**  **30**  **31**  **32**  **33**  **34**  **35**  **36**  **37**  **38**  **39**  **40**  **41**  **42**  **43**  **44**  **45**  **46**  **47**  **48**  **49**  **50**  **51**  **52**  **53**  **54**  **55**  **56**  **57**  **58**  **59**  **60** | 0815  0830  0915  0930  0930  0935  0940  0950  0955  1000  1000  1005  1035  1045  1105  1110  1120  1125  1130  1130  1140  1140  1145  1150  1150  1155  1200  1210  1215  1220  1225  1230  1230  1240  1245  1250  1255  1300  1310  1320  1330  1330  1330  1340  1345  1350  1355  1400  1400  1410  1410  1420  1440  1500  1500  1530  1540  1550  1600  1630 | Booking in  TM Brief  Hammer  Pole Vault  400m Hurdles  400m Hurdles  400m Hurdles  400m Hurdles  400m Hurdles  High Jump  Triple Jump  5000m  5000m  Hammer  100m Hurdles  100m Hurdles  110m Hurdles  110m Hurdles  110m Hurdles  Long Jump  200m  Javelin  200m  200m  Shot  200m  200m  800m  800m  800m  800m  800m  Discus  400m  400m  400m  400m  400m  1500m  1500m  Discus  Triple Jump  1500m  100m  100m  100m  100m  100m  Pole Vault  High Jump  Shot  3000m S/Chase  Long Jump  Javelin  3000m S/Chase  4 x 100m Relay  4 x 100m Relay  4 x 400m Relay  4 x 400m Relay  Prizegiving | M IC, A, B, IND  M IC, A, B, IND  M IC B  M IC A  M IND  W IND  W IC  W IC & IND  M IC, A, B, IND  W IC & IND  M IC, A, B, IND  W IC & IND  W IND  W IC  M IND  M IC B  M IC A  W IC & IND  W IND  W IC & IND  W IC  M IND  W IC & IND  M IC B  M IC A  W IND  W IC  M IND  M IC B  M IC A  M IC, A, B, IND  W IND  W IC  M IND  M IC B  M IC A  W IC & IND  M IND  W IC & IND  W IC & IND  M IC A & B  W IND  W IC  M IND  M IC B  M IC A  W IC & IND  M IC, A,B, IND  M IC, A, B, IND  W IC, IND  M IC, A, B, IND  M IC, A,B, IND  M IC, A,B, IND  W IC  M IC  W IC  M IC | MANAGERS  MANAGERS  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  FINAL  ALL |

**Annex E to**

**AAA/Athletics/2017**

**Dated 4 Apr 17**

**SPECIAL RULES FOR INTER CORPS ATHLETICS CHAMPIONSHIPS 2017**

1. The Championships will be conducted under England Athletics amplified by the ‘Special’ rules below.

2. The decision of the Chief Referee/Organising Secretary shall, in all cases be final.

3. In the event of any matter arising which is not dealt with in the regulations, it shall be decided by the Chief Referee/Organising Secretary, the decision shall be final.

4. All events will start at the times stated in the programme. The Organising Committee reserves the right to vary the order of the programme and delay start times of events should it be necessary. Any changes will be announced on the public address system.

5. It is the responsibility of team managers to ensure that the competitors/teams are on time. Competitors/teams not reporting on time will be disqualified.

6. Only competitors will be allowed on the track or in the arena and only for their own event, leaving immediately once that event is finished. Team managers and coaches are not to enter the central arena, particularly during the relay events.

7. Warming up and run marking must be completed before the start time.

8. The commencing height of the high jump, pole vault and the amount the bar will be raised after each round will be decided by the Field Referee.

9. Team managers are responsible for checking the points awarded to their team in each event. These points will be posted on a scoreboard as soon as possible after the completion of any event. If any error is discovered, it must be brought to the notice of the Chief Referee/ Organising Secretary.

10. If a competitor is entered in both a track and field event simultaneously, the officials concerned may allow the competitor to take his/her trials in an order different from that decided upon prior to the start of the Championships. However, the competitor cannot hold over any of his/her trials to subsequent rounds except in the high jump and pole vault. The rule concerning ‘Unreasonable Delay’ will be strictly applied in all events.

11. Should 2 or more teams tie in any event, the points for their positions will be shared between them.

12. Teams not taking part in any event will score no points in that event.

13. A team disqualified in an event will score no points in that event.

14. Competitors will be permitted to use their own throwing implements. These implements must be passed by the Field Referee at least 30 minutes before the event starts. Competitors are to provide their own pole vault equipment.

15. The team with the highest points total will be the winner.

16. In all field events (less pole vault and high jump) each competitor will be allowed 6 trials.

17. In the event of 2 or more teams scoring the same number of points, the order of merit shall be decided by the greater number of first places and if a tie still remains, the greater number of second places and so on until the tie is resolved.

18. The scoring for the Championships is as follows:

a. **Men**. In track and field events (excluding the 2 relays) the winner of each string will score the same number of points as there are teams competing, eg 7 teams = 7, 6, 5, 4, 3,2 and 1 point. A and B string points will be added together for a team score. In the relay events, the scores will be double points the number of teams competing, eg 7 teams = 14, 12, 10, 8, 6, 4 and 2 points.

b. **Women**. As per the men’s scoring including the relay events.

19. In the 1500m, 5000m, and Steeplechase events, A and B string competitors will compete together – the first from each Corps will automatically be the first string.

20. In the field events all competitors will compete together. The competitor from each team pair who records the best performance will automatically be the first string.

**Annex F to**

**AAA/Athletics/2017**

**Dated 4 Apr 17**

**TEAM MANAGERS BRIEF FOR INTER CORPS AND INDIVIDUAL ATHLETICS CHAMPIONSHIPS 2017**

1. Team managers are to report to the Organising Secretary at 0830 for briefing. Please ensure that the completed team list proforma at Annex B is handed to the Chief Recorder on arrival at the stadium.

2. All team members must wear the team letters front and back on their vests when competing. Letters and pins will be provided by the organisers.

3. Only designated areas outside the athletic track will be used for the purpose of warming up. Warming up will not be allowed on the track or centre of the arena. The officials in charge will control practise 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 have not registered for their event, they will not compete and the event/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 take place – if in doubt ask the official in charge 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 Championships. 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 Championship.