

Kent, Hertfordshire and Middlesex Indoor Athletics Championships Kent Prospectus, Anticipated Timetable and Athlete Competition Notes

Entries To be received by Thursday 5th March 2026

No late entries will be accepted

To be held at Lee Valley Indoor Athletics Centre, Edmonton - N9 0AR on 21st and 22nd March 2026

Kent Entry Fees - £14.00 (Sen/U20) & £12.00 (U15/U17) per event

Only online entries using the [Roster online Entry System](#) will be accepted.

All entrants shall be deemed to have made him/herself 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 21st March 2026, whether or not the entrant is a citizen of, or resident in, the UK.

1. This event is not open to Under 13 athletes.
2. Due to EA Official's Competition Hours Restrictions all track races will only be Finals or Heats and Finals, as appropriate, without any Semi Finals. All 8 lanes for the 60m sprint or hurdles races will be used.
3. Under 15 and Under 17 athletes will not be permitted to compete in more than **three** individual events on the same day.
4. Field event competitors will be allowed a maximum of 4 trials, except in High Jump and Pole Vault.
5. Disability events will be limited to Ambulant 60m, Shot & Long Jump due to venue capacity restrictions.
6. In Triple Jump the take-off boards permitted will be as follows: - SM 11/13m; U20M 9/11m; SW, U20W, U17s and U15s 7/9m.

The Expected Schedule of Events: (The organisers reserve the right to amend)	
Saturday – 21st March	Sunday – 22nd March
60mH (all)	60m (all)
200m (all)	300m (U15s/U17W) / 400m (others)
800m (all)	1500m (all)
3K Walk (U17s, U20s and Senior) *	HJ U15B, U17M
2K Walk (U15s only) *	SP (Women)
HJ U15G, U17W, U20W, SW, U20M, SM	LJ (Women)
PV (Women)	TJ (Men)
TJ (Women)	PV (Men)
LJ (Men)	
SP (Men)	

*** The 3K and 2K walks will take place concurrently. Only 3K male applicants who have achieved a time of 18 minutes or female applicants who have achieved a time of 20 minutes, or better, in the last 2 years will be accepted.**

Spikes - Lee Valley Athletics Centre have amended their previous rule on only allowing "Christmas Tree" or "RT"(flattip) spikes for indoor competitions . For optimum performance we recommend compression spikes are used for the indoor athletics track. Pyramid spikes are now allowed. The max length for all spikes used must be 6mm.

A call room will be in operation for this meeting so all athletes must report to the call room for **all** events prior to the displayed scheduled times.

Read this before completing entry form

Information applicable to all KCAA Track & Field Championships

1. All of KCAA championships are run under UKA rules as amended by KCAA rules. Further details can be found at the bottom of the Track & Field page on the KCAA website.
2. UKA Rule G2 21 S1 requires competing athletes to be eligible to compete either by birth or residence, and registered. So you need to provide your England Athlete Registration number. If you do not know it please ask your club membership secretary.
3. Age groups, except Masters, are as at midnight 31/08/26, except Under 20's which is midnight 31/12/26.
4. Athletes may only compete within their own age group, except Under 20's who may also compete as Seniors. In this case you must select which age group (U20/Senior) you will be competing in at the championships; you will not be allowed to compete as both at the same meeting.
5. Qualification to enter KCAA Championships is by birth or continuous association as per UKA G2 Rule 21 S6 or residence. To qualify by residence, you must have continuously lived within the KCAA Administrative & Qualification Area (broadly Kent historic county boundary which now includes some south London Post Codes) for at least nine months prior to the championships. Further details can be found at the bottom of the Track & Field page of the KCAA website. If you have any doubts please contact the Entry Secretary.
6. Your Personal Best (PB) should be one obtained within the last 18 months.
7. Postal entries are no longer acceptable.
8. The Roster online entry system will issue you a confirmation email. **If you do not receive one your entry has not been accepted for some reason**, either try again or contact the Entry Secretary.
9. KCAA is totally dependent on volunteer officials to run its championships and so wishes to recognise the added commitment when one of them also officiates on the same day they are competing. In this case they are entitled to enter 1 event for free per day. Please contact the Entry Secretary to arrange the refund.
10. Disability athletes may compete in any KCAA championships event wherever possible. You will be eligible for medals & recognition as if competing in a specific event under IPC rules. If there are specific requirements to compete (i.e. tie down / wheelchair / etc.) please contact the Entry Secretary to check if this is possible or not. Disability athletes should note that they will be seeded to compete in heats and race finals together with able bodied athletes, as well as in Field events, unless high entry numbers justify separate timetabled events. Medals for disability athletes will be awarded in the programme listed events based upon age group, disability category and performance.
11. Late Entries will not be accepted; unless the reason was outside of your control.
12. Timetables for the championships will be put on the KCAA website approximately 1 week before the competition date. They will not be mailed out in advance.
13. Your Bib numbers must be collected from the athlete registration desk at the Championships, when you initially register. You must confirm your registration for each event at least an hour before its scheduled start time; otherwise you may not be able to compete. Bib numbers must be retained for both days of competition.
14. Personal implements may be used but in the case of field events they must be taken to the equipment room at least 90 minutes before your event warm up time. Personal starting blocks may be used except indoors or where FSE is in use when it will be stadium blocks only.
15. Club vests or representative vests must be worn as per UKA Rule T5 S1(4). Clothing acceptable under UKA Rule 5 (1) states - in all events, athletes must wear clothing which is clean and designed and worn as not to be objectionable.
16. KCAA seeks to provide good competition & therefore races may be combined with other ages or counties where it is seen by the organisers to improve the competition experience for all athletes
17. If after qualifying for a second round or final, you need to withdraw, you must inform the referee for that event. You will be allowed to withdraw but **Will Not** be allowed to compete again in another event during the championships, without good reason as per UKA Rule 4.4.2.