

**Kent Main Country Athletics Championships
Prospectus, Anticipated Timetable and Athlete Competition Notes**

Entries To be received by Thursday 16th April 2026
No late entries will be accepted

To be held at the Medway Park Mill Rd, Gillingham ME7 1HF on 9th and 10th May 2026

A Level 2 Licenced World Athletics Permit has been awarded.

Entry Fees - £13.00 per event

All enquires to brian@kcaa.org.uk

1. This event is not open to Under 14 athletes.
2. Under 16 and Under 18 athletes will not be permitted to compete in more than **three** individual events on the same day.
3. Disability events will be limited to 100m, 800m, Shot Put & Long Jump. A restricted number of Open entries in the wheel chair category may be accepted in order to provide meaningful competition for Kent qualified athletes.
4. In all sprint races Start Information System (SIS) will be used so Stadium blocks must be used.
5. The latest UKA Rules for Competition Seeding and Preferred Lanes Rules will be applied.

Championship Minimum Takeoff & Heights

Championship Maximum Qualifying Standards and Minimum Takeoff & Heights

5000m SM - 18:00.00 maximum qualifying standard
SW - 19:00.00 maximum qualifying standard

3000m Walks 20:00.00 Senior Men or Senior Women maximum qualifying standard

High Jump	SM	U20M	U18M	U16B	SW	U20W	U18W	U16G
minimum starting height	1.50m	1.50m	1.40m	1.25m	1.35m	1.35m	1.30m	1.20m

Progression will be in accordance with UKA Rules for Competition

Pole Vault	SM	U20M	U18M	U16B	SW	U20W	U18W	U16G
minimum starting height	2.00m*	2.00m*	1.85m**	1.70m**	1.85m**	1.85m**	1.70m**	1.55m**

* Progression will be 15cm to a height of 2.60m and then 10cm until 3 athletes in the competing age remain and then 5cm on request

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Triple Jump	SM	U20M	U18M	U16B	SW	U20W	U18W	U16G
minimum take off board	11m	9m	7m	7m	7m	7m	7m	7m

Provisional Schedule of Events					
MEN'S EVENTS			WOMEN'S EVENTS		
SEN	SAT	100,400,1500,5K,110H,3KW, PV,SP,DT,HT	SEN	SAT	200,800,5K,400H,3KW, HJ,LJ,TJ,JT
SEN	SUN	200,800,400H,2KSC HJ,TJ,JT,LJ	SEN	SUN	100,400,1500,100H, 1500SC PV,HT,SP,DT
U20	SAT	100,400,1500,110H,3KW, PV,SP,DT,HT	U20	SAT	200,800,400H,3KW, HJ,LJ,TJ,JT
U20	SUN	200,800,400H,2KSC HJ,TJ,JT,LJ	U20	SUN	100,400,1500,100H,1500SC, PV,HT,SP,DT
U18	SAT	100,400,1500,110H,3KW HJ,LJ,TJ,JT	U18	SAT	200,800,400H,3KW, PV,SP,DT,HT
U18	SUN	200,800,400H,1500SC PV,HT,SP,DT	U18	SUN	100,400,1500,100H,1500SC, HJ,LJ,TJ,JT
U16	SAT	100,300,800*,100H,,3KW HJ,LJ,TJ,JT	U16	SAT	200,800*,80mH,3KW, PV,HT,SP,DT
U16	SUN	200,800**,1500,300mH***, 1500SC,PV,HT,SP,DT	U16	SUN	100,300,800**,1500,300mH***, 1500SC,HJ,LJ,TJ,JT,
The organisers reserve the right to amend if necessary once entry numbers are known					

* Heats

** Final

Under 16 Athletes will be restricted to entering either the 800m, 1500m or the 1500mSC events. The 1500m events, subject to athlete entry numbers and safety considerations, may be run as time trials to determine the overall winners.

*** Subject to consideration of entry numbers and timetable considerations.

The 2026 timetable will be broadly prepared based upon the 2025 timetable but with equivalent older age groups and subject to amendment and review based upon the 2026 athlete event entry numbers.

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. All entry submissions for Under 16s and younger should be made by Parents or Guardians together with their email and emergency contact phone numbers in compliance with the Associations adopted Child Protection Policies.
5. 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.
6. 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. If you have any doubts please contact the Entry Secretary. Details of the Kent Administration and Qualification Area can be found on <http://www.kcaa.org.uk/track-field.htm#admin>.
7. Additional information regarding the athlete's place of birth or residential qualification for all first time entries will be required before the entry is accepted.
8. Your Seasonal Best (SB) should be one obtained within the last 18 months.
9. Postal entries are no longer acceptable.
10. 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.
11. 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.
12. Late Entries will not be accepted; unless the reason was outside of your control.
13. The Timetable for the Championships will be issued approximately 1 week before the competition date.
14. The 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.
15. 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.
16. 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.
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.
18. Souvenir adult sized Dri-fit T-Shirts in the following sizes XS, S, M, L, XL, XXL can be ordered through the Roster online entry system at £18.00 per T-Shirt