



## KTH & R&N Open at Rugby & Northampton AC

Saturday 19<sup>th</sup> September 2020  
Bruce Williams Way, Rugby CV22 5LJ

### PROVISIONAL TIMETABLE

| Track (U11 – Masters) |                                   | Field (U13 – Masters) |  |
|-----------------------|-----------------------------------|-----------------------|--|
|                       |                                   | 10:30                 | Hammer (8 entries) U13+<br>Long Jump A (8) U13/U15 F |
| 11:00                 | 3000m (3 races x 12 entries) U17+ |                       |  |
| 11:45                 | 75m (3 x 8) U11 & U13             |                       |  |
| 12:00                 | 100m (12x8) U13+                  | 12:00                 | Discus (8) U13+<br>Long Jump B (8) U17+ F            |
| 13:00                 | 600m (2x12) U11+                  |                       |  |
| 13:15                 | 150m (2x8) U11+                   |                       |  |
| 13:30                 | 800m (6x12) U11+                  | 13:30                 | Javelin (8) U13+<br>Long Jump C (8) U13/U15 M        |
| 14:15                 | 200m (10x8) U13+                  |                       |  |
| 15:15                 | 300m (3x8) U15+                   | 15:00                 | Shot (8) U13+<br>Long Jump D (8) U17 + M             |
| 15:30                 | 400m (3x8) U17+                   |                       |  |
| 15:50                 | 1500m (4x12) U13+                 |                       |  |

**Pre-entry only £6.00 per event plus booking fee all age groups. Pre-Entry closes 11.59 Thu 17 September**

**Please note COVID-19 restrictions limit entry to the site as follows:**

**Maximum 2 events only per athlete**

**Athlete plus 1 (parent/guardian/coach or guest) only**

**Entry to track 1hr prior to scheduled race.**

**Participants and their guests must leave track once their race is complete**

**CAR PARKING AVAILABLE - LIMITED REFRESHMENTS - NO CHANGING FACILITIES**

**All events under UK Athletic Rules of Competition & latest EA/UK Gov COVID-19 guidelines**

Enter online <https://uk.entry4sports.com/>

## KTH & R&N Open

### COVID-19 Specific Precautions

#### Kettering Town Harriers & Rugby & Northampton AC

1. Entry limited to participating athlete plus 1.
2. Plus 1 needs to register for track & trace purposes before entry is permitted.
3. We advise those showing symptoms or at higher risk are asked not to attend
4. Sanitisation points at entry & exit, start & finish lines plus various locations around the site.
5. Access to indoor facilities is strictly limited to use of toilets (1 in, 1 out) and as a one-way (no stopping) through route to the track.
6. Warm up areas are zoned and sectioned to ensure social distancing & appropriate group sizes
7. Social distancing barriers and markers are used as required

#### Attendees – athletes, parents guardians, plus 1's, officials & volunteers

1. **Should conduct their own pre-event health assessment. The main symptoms of COVID-19 are:**
  - a) **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
  - b) **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
  - c) **a loss or change to your sense of smell or taste** – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal
2. **Anyone who is:**
  - a) symptomatic or
  - b) has family members who are symptomatic or
  - c) suspects they have been exposed to the virus are not to take part and remain at home.
3. **Whilst at the venue:**
  - a) Follow the guidance of our volunteers and the signage
  - b) Maintain social distance
  - c) Use the sanitisation points provides

#### Please note

Activity of this kind will always carry a degree of risk associated with transmission of Covid-19. The risk cannot be eliminated unless you decide not to participate. As an athlete/parent/guardian or guest at this event, you need to consider your family/extended family unit and, anyone who is in the extremely vulnerable category as part of your individual risk assessment.

By entering this event or the venue as a guest you are confirming acceptance of the measures we have in place, your responsibilities, and the residual risk.

Further detailed guidance can be found at England Athletics and government websites.

[www.englandathletics.org](http://www.englandathletics.org)

<https://www.gov.uk/coronavirus>