



AIS ATHLETICS CHAMPIONSHIPS 2021

Please note that the AIS Track & Field Athletics Championships are for both AIS Athletics club members & non members. The 'championships' will consist of track & field athletics events that will take place over 2 days at GEMS World Academy.

Umar Hameed

Dates

The dates for the AIS Track & Field Athletics Championships are the 27th & 28th May 2021

Time

Thursday 27th May 2021: 5pm – 9pm

Friday 28th May 2021: 7am – 11am

Location

GEMS World Academy

Spectators

As it currently stands, we have not been given permission for parents to enter the school. We will have however a lot of AIS coaches on hand to ensure that everything runs smoothly.

Covid Vaccination

All staff, volunteers & children aged 16 and over will need evidence of full vaccination. Without evidence they will not be allowed to compete.

Masks

Masks must be worn at all times by all staff & volunteers. Competitors are allowed to take off their mask to compete but must wear their mask at all other times.

Age groups

Please ensure your child enters the correct age group. We will be checking this and if a child is registered for the wrong age group they will unfortunately be disqualified.

U20 - Children aged 17 years old to 20 years old on the day of the competition

U17 - Children aged 15 years and 16 years old on the day of the competition

U15 - Children aged 13 years and 14 years old on the day of the competition

U13 - Children aged 11 years and 12 years old on the day of the competition

U11 - Children aged 9 years old to 10 years old on the day of the competition

Events

U20 – 100m, 200m, 400m, 800m, 1000m, long jump, high jump, shot put, javelin

U17 - 100m, 200m, 400m, 800m, 1000m, long jump, high jump, shot put, javelin

U15 - 100m, 200m, 300m, 800m, 1000m, long jump, high jump, shot put, javelin

U13 - 80m, 150m, 300m, 600m, 1000m, long jump, high jump, shot put, javelin

U11 - 60m, 150m, 300m, 600m, 1000m, long jump, high jump, shot put, javelin

Fee

1 event - 50aed

6 events - 250aed

Minimum 2 events, Maximum 6 events

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Heats & Finals

There will be 4 heats for the 60m, 80m, & 100m events. The winners from each heat and the 2 fastest losers (the technical term) will move on to the final.

The B final will consist of the 6 fastest times to not make the final.

If we have more than 24 entries for these events, we will select the winner of each heat only and have 6 heats. If for some reason we have more than 36 entries for an event we will select the 6 fastest times to move onto the final, and the next 6 fastest times to make the B final.

Athletes will be placed in heats based on the 4 to 6 fastest times in previous competitions. All other athletes will be placed in heats on random selection.

One false start disqualification rule will be implemented.

Field Events

Each athlete is entitled to 3 attempts in the long jump, shot put & javelin.

Medals

The top 3 finishers in the A final will receive medals.

Awards / Certificates

We will be giving awards for the following:

U20 to U9 – Male & female athlete of the championships, Most improved athlete

- *Fastest 1km*
- *RU Active Sports Therapy Scholarship*
- *U15 Girls 4x100m relay*

Footwear & Kit

Please wear your club kit.

Spikes will be allowed for all age groups.

Food & Water

Please bring plenty of water and some snacks.

Bibs

Each athlete competing will be given bib numbers & pins on the first day. Please keep your number safe for both days of the competition.

Staff will be on hand to help athletes pin the bibs onto the vests.

Thursday 27th May 2021

Track Programme

Time	Age Group	Event	
5:00pm	All age groups	1000m	Final
	U11 boys	60m	Heats
	U11 girls	60m	Heats
	U13 boys	80m	Heats
	U13 girls	80m	Heats
	U15 boys	100m	Heats
	U15 girls	100m	Heats
	U17 men	100m	Heats
	U17 women	100m	Heats
	U20 men	100m	Heats
	U20 women	100m	Heats
6:00pm	U11 boys	300m	Final
	U11 girls	300m	Final
	U13 boys	300m	Final
	U13 girls	300m	Final
	U15 boys	300m	Final
	U15 girls	300m	Final
	U17 men	400m	Final
	U17 women	400m	Final
	U20 men	400m	Final
	U20 women	400m	Final
7:00pm	U11 boys	60m	A & B Final
	U11 girls	60m	A & B Final
	U13 boys	80m	A & B Final
	U13 girls	80m	A & B Final
	U15 boys	100m	A & B Final
	U15 girls	100m	A & B Final
	U17 men	100m	A & B Final
	U17 women	100m	A & B Final
	U20 men	100m	A & B Final
	U20 women	100m	A & B Final
8:00pm	U15 girls	4 x 100m relay	Final

Thursday 27th May 2021**Field Programme**

Time	Age Group	Event	
5:00pm	U17 & U20 men	Long jump	Final
	U17 & U20 women	High Jump	Final
	U11 boys	Shot put	Final
	U11 girls	Javelin	Final
5:30pm	U13 boys	Javelin	Final
	U15 girls	Shot put	Final
6:00pm	U15 boys	Long jump	Final
	U13 girls	High jump	Final
	U17 & U20 men	Shot put	Final
	U17 & U20 women	Javelin	Final
6:30pm	U13 boys	Long jump	Final
7:00pm	U15 boys	Shot put	Final
	U11 girls	High jump	Final
8:00pm	U11 boys	Long jump	Final
	U13 girls	Javelin	Final
8:30am	U15 girls	High jump	Final

Friday 28th May 2021**Track Programme**

Time	Age Group	Event	
7:30am	U11 boys	150m	Heats
	U11 girls	150m	Heats
	U13 boys	150m	Heats
	U13 girls	150m	Heats
	U15 boys	200m	Heats
	U15 girls	200m	Heats
	U17 men	200m	Heats
	U17 women	200m	Heats
	U20 men	200m	Heats
	U20 women	200m	Heats
8:30am	U11 boys	600m	Final
	U11 girls	600m	Final
	U13 boys	600m	Final
	U13 girls	600m	Final
	U15 boys	800m	Final
	U15 girls	800m	Final
	U17 men	800m	Final
	U17 women	800m	Final
	U20 men	800m	Final
	U20 women	800m	Final
10am	U11 boys	150m	A & B Final
	U11 girls	150m	A & B Final
	U13 boys	150m	A & B Final
	U13 girls	150m	A & B Final
	U15 boys	200m	A & B Final
	U15 girls	200m	A & B Final
	U17 men	200m	A & B Final
	U17 women	200m	A & B Final
	U20 men	200m	A & B Final
	U20 women	200m	A & B Final

Friday 28th May 2021
Field Programme

Time	Age group	Event	
7:30am	U17 & U20 men	High jump	Final
	U17 & U20 women	Long jump	Final
	U11 boys	Javelin	Final
	U11 girls	Shot put	Final
8:00am	U13 girls	Shot put	Final
	U15 boys	Javelin	Final
8:30am	U15 girls	Long jump	Final
	U13 boys	High jump	Final
	U17 & U20 men	Javelin	Final
9:00am	U13 girls	Long jump	Final
9:30am	U15 girls	Javelin	Final
	U11 boys	High jump	Final
10:00am	U11 girls	Long jump	Final
	U17 & U20 women	Javelin	Final
	U13 boys	Shot put	Final
10:30am	U15 boys	High jump	Final