

BUCS INDOOR ATHLETICS

14 - 16 FEB 2020
ENGLISH INSTITUTE OF SPORT, SHEFFIELD
#BUCSNATIONALS



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Camp EST 1969
America

STUDENT
ROOST

OUTGOING

SCHEDULE

FRIDAY 14 FEBRUARY 2020									
TRACK					FIELD				
	Time	Event	Entries	Round		Time	Event	Entries	Round
1T	13:00	60m MEN	104	13 Heats					
2T	14:05	60m WOMEN	95	12 Heats					
3T	15:15	60m H MEN	24	3 Heats	1F	13:00	Triple Jump MEN	24	Pool 1
4T	15:40	60m H WOMEN	35	5 Heats	2F	13:30	Shot Put WOMEN	33	Pool 1
5T	16:10	800m MEN	62	8 Heats	2F	13:30	Shot Put WOMEN	~	Pool 2
6T	16:50	800m WOMEN	41	6 Heats	1F	14:25	Triple Jump MEN	~	Pool 2
7T	17:25	60m MEN	Q	4 Semis	3F	15:05	Shot Put MEN	32	Pool 1
8T	17:45	60m WOMEN	Q	4 Semis	3F	15:05	Shot Put MEN	~	Pool 2
9T	18:15	60m H WOMEN	Q	2 Semis	4F	15:55	Triple Jump WOMEN	27	Pool 1
10T	18:30	60m Ambulant MEN	8	1 FINAL	4F	17:25	Triple Jump WOMEN	~	Pool 2
11T	18:35	60m Ambulant WOMEN	3	1 FINAL	If no qualification, FINAL at FINALTime				
12T	18:40	60m MEN	Q	FINAL					
13T	18:45	60m WOMEN	Q	FINAL					
14T	18:55	60m H MEN	Q	FINAL					
15T	19:05	60m H WOMEN	Q	FINAL					
Where declared numbers do not merit heats/pools, Finals will be run at FINAL time and where Semi-finals are not necessary, Finals will be run at FINAL time. EXCEPT 60m H WOMEN and MEN which will run at Semi-final time.					False start detection equipment will be used for all races up to and including 400m, unless otherwise specified by the Competition Director. ALL athletes in these events SHALL be required to use only the starting blocks provided.				

SATURDAY 15 FEBRUARY 2020									
TRACK					FIELD				
	Time	Event	Entries	Round		Time	Event	Entries	Round
16T	10:00	1500m MEN	48	5 Heats					
17T	10:40	1500m WOMEN	33	4 Heats					
18T	11:15	400m MEN	68	12 Heats	5F	10:40	Long Jump WOMEN	53	Pool 1
19T	12:15	400m WOMEN	49	9 Heats	5F	10:40	Long Jump WOMEN	~	Pool 2
20T	13:00	800m MEN	Q	3 Semis	6F	11:30	Pole Vault MEN	15	B final
21T	13:15	800m WOMEN	Q	3 Semis	7F	11:30	High Jump MEN	24	Pool 1
22T	13:30	Mascot Race		~	7F	11:30	High Jump MEN	~	Pool 2
23T	13:55	3000m MEN	39	4 Heats	8F	12:25	Long Jump MEN	53	Pool 1
24T	14:40	3000m WOMEN	27	3 Heats	5F	12:25	Long Jump WOMEN	~	Pool 3
25T	15:20	1500m MEN	Q	2 Semis	9F	14:00	High Jump WOMEN	34	Pool 1
26T	15:40	1500m WOMEN	Q	2 Semis	9F	14:00	High Jump WOMEN	~	Pool 2
27T	16:00	4 x 200m MEN	43	8 Heats	8F	14:15	Long Jump MEN	~	Pool 2
28T	17:00	4 x 200m WOMEN	26	5 Heats	8F	14:15	Long Jump MEN	~	Pool 3
					6F	14:20	Pole Vault MEN	~	A final
					If no qualification, FINAL at FINALTime				
Where declared numbers do not merit heats/pools, Finals will be run at FINAL time and where Semi-finals are not necessary, Finals will be run at FINAL time.					False start detection equipment will be used for all races up to and including 400m, unless otherwise specified by the Competition Director. ALL athletes in these events SHALL be required to use only the starting blocks provided.				

SUNDAY 16 FEBRUARY 2020									
TRACK					FIELD				
	Time	Event	Entries	Round		Time	Event	Entries	Round
29T	10:30	200m WOMEN	63	11 Heats	10F	10:00	Triple Jump WOMEN	Q	FINAL
30T	11:25	200m MEN	89	15 Heats	11F	10:05	Shot Put WOMEN & Ambulant Shot Put WOMEN	Q + 1	FINAL
31T	12:40	400m WOMEN	Q	4 Semis	12F	10:45	Pole Vault WOMEN	19	B FINAL
32T	13:00	400m MEN	Q	5 Semis	13F	12:00	Triple Jump MEN	Q	FINAL
33T	13:25	200m WOMEN	Q	4 Semis	14F	12:00	Shot Put MEN & Ambulant Shot Put MEN	Q + 3	FINAL
34T	13:45	200m MEN	Q	5 Semis	15F	13:10	Long Jump WOMEN & Ambulant Long Jump WOMEN	Q + 2	FINAL
35T	14:10	3000m WOMEN	Q	FINAL					
36T	14:25	3000m MEN	Q	FINAL	12F	13:45	Pole Vault WOMEN	~	A FINAL
37T	14:40	400m WOMEN	Q	FINAL	16F	14:35	Long Jump MEN & Ambulant Long Jump MEN	Q + 3	FINAL
38T	14:50	400m MEN	Q	FINAL	17F	14:35	High Jump WOMEN	Q	FINAL
39T	15:00	200m WOMEN	Q	FINAL	18F	14:35	High Jump MEN	Q	FINAL
40T	15:10	200m MEN	Q	FINAL					
41T	15:20	800m WOMEN	Q	FINAL					
42T	15:30	800m MEN	Q	FINAL					
43T	15:40	1500m WOMEN	Q	FINAL					
44T	15:50	1500m MEN	Q	FINAL					
45T	16:00	4 x 200m WOMEN	Q	FINAL					
46T	16:10	4 x 200m MEN	Q	FINAL					
Where declared numbers do not merit heats/pools, Finals will be run at FINAL time and where Semi-finals are not necessary, Finals will be run at FINAL time.					False start detection equipment will be used for all races up to and including 400m, unless otherwise specified by the Competition Director. ALL athletes in these events SHALL be required to use only the starting blocks provided.				

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OUTGOING

Outgoing is once again pleased to be joining BUCS at Nationals weekend here in Sheffield for the second year running. Not only is it a great chance for us to get involved with one of BUCS' largest events of the year it is great for us to see so many universities competing. Please feel free to pop by and see what new trips and events we have on offer and for a chance to win a free trip on one of our signature European city breaks.

STUDENT ROOST

Award-winning accommodation providers Student Roost will be having all of the fun over the BUCS Nationals. Win instant prizes by visiting their stands at our venues. They will also be giving away a pair of Power Beats by Dre to someone every day of the event! Share your BUCS experience using #SRBUCS or chat with a member of their team to be in with a chance to win! With 50 properties across 20 cities, Student Roost will give you that home-from-home experience when you live with them.

CAMP AMERICA

Love sport and want to spend your summer coaching in the USA? Hundreds of camps are looking for people with YOUR skills! We'll be chatting to all of you about how you can spend your summer in the states. We're also running a competition to win a FREE CAMP AMERICA SUMMER with an epic Camp America trek included! Want to find out more? Head over to www.campamerica.co.uk/bucs to sign up.

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EVENT INFORMATION

Acknowledgements

BUCS would like to thank all of the volunteers, officials and EIS staff for their invaluable help leading up to and during the Championships. BUCS would also like to thank The Institute of Leadership & Management, Student Roost, Camp America and Outgoing for their continued support in the build-up and during the event. Without the help of these individuals the event would not be possible.

Points of contact

Any technical issues during the Championships should be raised with the Technical Directors and the Meet Director (Janette Dunderdale) when required. All other enquiries should be directed to the BUCS help desk in the Registration Room or the BUCS Event Lead (Ali Root). Please note: In the event of ANY dispute, the ruling of BUCS will be final.

Trackside arrangements

Except whilst competing, competitors should remain off the field of play. On no account should competitors block emergency exit areas in front of doors. Changing facilities are available on the lower corridor left of the main entrance.

Smoking is not allowed in any areas of the building. No alcohol may be consumed within the venue and no glass containers are permitted in the venue.

Footwear

Appropriate footwear must be worn at all times when outside the changing area. Please note that spikes should not be worn outside of the athletics arena.

Catering

Catering is available in the main EIS cafeteria or the small coffee shop at the front of the building by the main entrance. There is also a café across the road at IceSheffield.

Personal Belongings

The staff at the EIS value their clients and visitors, however, take no responsibility for the loss of belongings. Please ensure that you keep a close eye on all your belongings.

University Banners

Official university signage will be permitted to be hung and displayed in the spectator area, ensuring that it does not impede safety access, the running of the Championships or the official Championships and athletics signage and branding. BUCS staff, Athletics Advisory Group members, or officials may request that inappropriate banners or unofficial banners be removed.

Registration and Captains Meeting

Each institution must collect a Team Pack from the BUCS help desk.

A representative from each institution must attend the Captains Meeting on Sunday 16 February. The timing of this will be announced over the weekend so be sure to listen out for this.

BUCS Help Desk

The opening hours for the help desk are:

Friday 14 February 2020	11:00 – 19:00
Saturday 15 February 2020	08:00 – 18:00
Sunday 16 February 2020	08:30 – 16:30

Withdrawals and substitutions

Once an athlete is entered via BUCS Play and is accepted, it is assumed they are competing unless a

team representative officially withdraws them, or is substituted by another individual entered and accepted on BUCS Play.

You must withdraw or substitute any athletes not participating ASAP. To withdraw or substitute an athlete prior to midday on Tuesday 12 February 2020, the applicable online forms must be completed. These forms can be found on the BUCS website, under Indoor Athletics. After this, withdrawals and substitutions must be made in person at the BUCS help desk in the EIS. All withdrawal and substitution deadlines are 90 minutes prior to the start of each event.

Please note the following exceptions for withdrawals:

Discipline	Withdrawal Deadline
Long Jump	Friday 14 February - 17:30
Men's Pole Vault	Friday 14 February - 17:30
Women's Pole Vault	Saturday 15 February - 16:00

Relay declarations

Please note the following instructions regarding relay declaration:

Declaration forms, detailed below, must be submitted 90 minutes before the published time for **each round** of the competition (i.e. a heat declaration form and a final declaration form). Athletes must be from among those registered for the championships. One team per Institution can take part, the team will each wear the Relay Team Institution letters provided and retain for the final. All members of the same Institution must wear vests of the same design and colour, unless the Referee has given permission for a change to be made.

UKA Rule 170 (10) will apply:

“Once a relay team has started in a competition only two additional athletes may be used as substitutes in the composition of that team for any subsequent round.”

BUCS Relay HEAT Declaration Form

Institutions must declare teams of no more than 6 athletes, 4 of these declared athletes will run in the HEATS. This must be submitted 90 minutes prior to the final taking place.

BUCS Relay FINAL Declaration Form

The qualifying teams must declare no more than 2 additional athletes. The 'BUCS Relay FINAL Declaration Form' will name the 4 athletes who participated in the heats and have 2 spaces. Any 4 of these 8 declared athletes will run in the FINALS. This must be submitted 90 minutes prior to the final taking place.

Reporting for events

All competitors are responsible for reporting to the Call Room a specific number of minutes before the event start time detailed in the programme. They **MUST** be wearing their correct competition numbers as detailed in the seeding lists.

The competition numbers must be worn as issued and not be cut, folded or otherwise concealed or mutilated in any way.

Call Times

Track	Call room 15 minutes
Relay	Call room 20 minutes
LJ/TJ/SP	Call room 45 minutes
High Jump	Call room 60 minutes
Pole Vault	Call room 75 minutes

Fines

If the following offences are committed institutions will be liable to the following fines:

OFFENCE	CASH DURING EVENT	LATE PAYMENT
No Show or Late Withdrawal Heat or Semi Final	£15	£20
No Show or Late Withdrawal Final	£20	£25

Rules and regulations

The Championships are held under the BUCS Athletics Regulations, which stipulate that all Athletics Championships are held under BUCS General Regulations and UKA Rules for Competition.

Any institution found in breach of these regulations will be brought to a BUCS Disciplinary hearing.

Event start lists and results

Event start lists and live results will be available from the BUCS Athletics webpage over the weekend.

Record attempts

The organisers would appreciate any record attempts being brought to their attention prior to the start of the relevant session.

Awards

BUCS Points and Medals are available for each race in the Individual Championships (both men's and women's). BUCS Points are also available for the overall team results (both men's and women's). Team points will be awarded for the first eight finished in an event. For the relay race, only runners in the final will be awarded medals.

There will be presentations on all three days of the championships. Presentations will happen shortly after the culmination of the race. For information on when the final races are, please consult the event timetable.

Livestreaming

The BUCS Indoor Athletics Championships is being LIVE STREAMED for all three days. Watch your competition back, check out your technique and let your family and friends watch you compete live on BUCS Facebook and YouTube.

Highlights from the competition will be shared on Instagram and Twitter, follow @BUCSSport to see if you made the cut.

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RECORDS

Men's Record Holders

Event	Date	Name	University	Time/Distance
60m	2010	Rion Pierre	Brunel	6.67
200m	2014	Jordan Kirby-Polidore	Loughborough	21.04
400m	2015/2017	David Hall / Cameron Chalmers	Brunel / Bath	46.91
800m	2011	Guy Learmonth	Loughborough	1:48.58
1500m	2010	Jonathan Taylor	Teeside	3:46.12
3000m	2002	Gareth Turnbull	Loughborough	7:57.90
60m H	2012	Andrew Pozzi	Bristol	7.57
4x200m	2007	Loughborough		1:26.22
High Jump	2011	Ray Bobrownicki	Edinburgh	2.22
Long Jump	2010	Matthew Burton	Loughborough	7.69
Triple Jump	2016	Montel Nervers	Leeds Beckett	16.15
Pole Vault	2007	Scott Simpson	Cardiff Met	5.42
Shot Put	2007	Garrett Johnson	Oxford	20.15

Women's Record Holders

Event	Date	Name	University	Time/Distance
60m	2007 / 2016/ 2017	Montel Douglas / Adeline Gouenon / Hannah Brier	Brunel / St Mary's / Loughborough	7.31
200m	2019	Hayley Mills	Nottingham	23.49
400m	2015	Amy Allcock	Loughborough	53.19
800m	2007	Charlotte Best	Loughborough	2:05.32
1500m	2016	Sarah McDonald	Birmingham	4:15.82
3000m	2005	Lisa Dobriskey	Loughborough	9:08.08
60m H	2019	Jessica Hunter	Bedfordshire	8.23
4x200m	2009	Brunel		1:37.82
High Jump	2014	Isobel Pooley	Nottingham	1.87
Long Jump	2013	Jade Nimmo	Edinburgh Napier	6.37
Triple Jump	2019	Alexandra Russell	Liverpool	13.39
Pole Vault	2012	Sally Peake	Cardiff	4.20
Shot Put	2003	Eva Massey	Ulster	15.80



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