

ISA Athletics Southwest Championships – Event Outline 2026

Event

ISA Athletics Southwest National Trials Championships

Date

Tuesday 5th May 2026

Venue

Exeter Arena Stadium, Exhibition Fields, Summer Lane, Exeter, EX4 8NT

Venue Facilities

The stadium has a large car park and changing rooms. Please note: there is NO café, but vending machines for drinks and snacks are available. Local facilities such as Starbucks are nearby.

Age Groups

Pupils in Years 4–11

Para Groups

Open Para Events will run in line with ISA National Finals guidance.

First Aid

Each school must supply a First Aider responsible for their own pupils. Schools must bring their own first aid kits.

Athlete Event Numbers

Pupils may enter only two events (relays excluded). So, either 2 Track or 2 Field or 1 Track and 1 Field event this rule is for all age groups.

School Entry Per Event

Schools may enter a maximum of TWO competitors per event. Schools must also provide at least TWO staff members to help officiate on the day.

Pupil Registration

All entries must be submitted before the deadline; no late entries accepted. Schools must ensure correct spelling of pupils' full names and accurate dates of birth. Entries can be amended until Monday 27th April.

National Finals

Pupils competing in the Southwest trials must be available to represent the Southwest team at the National Finals on Monday 15th June at Alexander Stadium, Birmingham.

Athletics Southwest Championships

Athletics Rules

All events will follow ISA and English Schools Athletics rules regarding age-appropriate throwing weights.

Distance Races

Year 7–9 athletes are NOT permitted to run both the 800m and 1500m.

High Jump

High Jumpers will be limited to a maximum of 7 jumps per age group.

Long Jump

Due to high entry numbers, athletes will be allowed only two jumps per age group. Pupils should warm up before the event.

Pupil Behaviour

School staff are responsible for monitoring pupils' behaviour throughout the venue. Poor behaviour may result in removal from the event.

Parent Behaviour

Parents are reminded to remain respectful and supportive. Aggressive or disrespectful behaviour will not be tolerated and may result in removal.

Athlete Clothing

Pupils must wear their school PE kit or athletics vest with appropriate footwear. Schools must bring printed event numbers/letters and their own safety pins or sticky labels.

National Finals Selection

Only 1st place finishes automatically qualify for the Southwest team. In the 600m, 800m, and 1500m, 2nd place will also qualify. Relay team selection is based on qualified athletes and will be decided by the SW Team Manager.

Entry Closing Date

Monday 27th April

Questions

Contact Simon Ward: sward@kingsleydevon.com. This is the first time this event has been organized by myself, and feedback and support on the day are appreciated.