

# MIDLAND COUNTIES 2009 OUTDOOR ENTRY FORM



[www.midlandathletics.org.uk](http://www.midlandathletics.org.uk)

Alexander Stadium Birmingham  
COMPETITIONS HELD UNDER UKA RULES



SENIOR & U20 CHAMPIONSHIPS TO BE HELD SUNDAY 21 JUNE 2009

CLOSING DATE FRIDAY 29 MAY 2009

NB: ALL ENTRIES MUST BE SENT DIRECTLY TO MCAA OFFICE – ENTRIES WILL NOT BE ACCEPTED WITHOUT THE RELEVANT ENTRY FEE OR AN ENGLAND ATHLETICS NUMBER

PLEASE COMPLETE ALL THE INFORMATION ASKED FOR

	Age Group	Event	2008 Best
Surname			
First Name			
Club			
Date of Birth			
Address Including Post Code			
Tel No (day)	Tel No (eve)		
Mobile	Email		

Age on 31 August 2009..... Age on 31 December 2009 (U20).....

Entry fees: Seniors £9 per event U20's £8 per event

Entry fee enclosed £.....Cheques & postal orders (in UK Sterling) to be made payable to MCAA. Do not send cash

Signed:.....England No.....Date.....

Athletes under the age of 16 MUST have the form signed by a parent or guardian

MIDLAND ELIGIBILITY – All competitors must have at least one of the following qualifications PLEASE TICK THE BOX BELOW:

- The athlete having been born in the Midlands. (PTO for Midland list).
- A minimum of 9 months continuous residence in the Midlands immediately prior to the event to be competed in.  
NB: University Residence does not count as a Midlands qualification.

Data Protection Act: Please tick the box if you consent to information on this form being passed to any other Athletic Association/Body or event promoter.

A CORRECTLY STAMPED 1<sup>st</sup> Class SAE (9 x 6½”) for EACH meeting entered MUST be enclosed for return of timetable and admission ticket. If this is not done then information WILL NOT BE SENT OUT. Send forms to the Championship Secretary (Midland Champs), MCAA, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2LR.

We suggest that you obtain proof of posting for your entry, then should your entry get in lost in the post we will accept proof of posting and enter you in the meeting.

IF YOU HAVE NOT RECEIVED YOUR INFORMATION ONE WEEK PRIOR TO THE EVENT THEN PLEASE CONTACT THE MCAA OFFICE ON 0121 344 4201.

## PROGRAMME OF EVENTS

**Senior and U20  
Champs – Sunday 21  
June 2009**

Senior Men	100m, 200m, 400m, 800m, 1500m, 3000m s/c, 5000m, 110mH, 400mH, High Jump <b>SH:1.70</b> , Long Jump, Triple Jump <b>11/13m Bd</b> , Pole Vault <b>SH:3.00</b> , Shot, Discus, Hammer, Javelin
Senior Women	100m, 200m, 400m, 800m, 1500m, 2000m s/c, 5000m, 100mH, 400mH, High Jump <b>SH:1.50</b> , Long Jump, Triple Jump <b>9/11m Bd</b> , Pole Vault <b>SH:2.50</b> , Shot, Discus, Hammer, Javelin
U20 Men	100m, 200m, 400m, 800m, 1500m, 3000m, 2000m s/c, 110mH, 400mH, High Jump <b>SH:1.60</b> , Long Jump, Triple Jump <b>11/13m Bd</b> , Pole Vault <b>SH:2.70</b> ,
U20 Women	100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, High Jump <b>SH:1.40</b> , Long Jump, Triple Jump <b>9/11m Bd</b> , Pole Vault <b>SH:2.50</b>

Under 20 Men/Women      Over 17 on 1 September 2009 but under 20 on 31 December 2009

UK ATHLETICS RULE 107 APPLIES TO ALL AGE GROUPS

NB: Senior Men & Women 3000m to be held in the Birmingham Games Open Meeting at Alexander Stadium 19 July 2009. Entry forms available on our website:

[www.midlandathletics.org.uk](http://www.midlandathletics.org.uk)

or send a Stamped Addressed Envelope into the MCAA Office stating the entry form you require.

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THERE MUST BE A MINIMUM OF 3 ENTRIES PER EVENT AND WE RESERVE THE RIGHT TO CANCEL AN EVENT IF ENTRIES FALL BELOW THIS NUMBER.

### Birth/Residence qualification is in one of the following:

Avon, Herefordshire, Gloucestershire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire. NB: England South West & East Midlands are recognised for qualification purposes BUT you can only compete in one Area Championships in a calendar year – January to December.

NB: The organisers reserve the right to refuse entries and revise dates where necessary.

PLEASE NOTE: ENTRIES MAY BE RESTRICTED DUE TO EXCESSIVE NUMBERS.

### COACHES

ON PRODUCTION OF A CURRENT UKA COACHING LICENCE COACHES WILL BE CHARGED A £1 ENTRY FEE

**PLEASE NOTE U20 THROWS ARE BEING HELD WITH THE  
U17/U15 CHAMPIONSHIPS ON 23/24 MAY AT  
ALEXANDER STADIUM**