

# MIDLAND COUNTIES 2009 OUTDOOR ENTRY FORM



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

Alexander Stadium Birmingham  
COMPETITIONS HELD UNDER UKA RULES



## BIRMINGHAM GAMES OPEN MEETING SUNDAY 19 JULY 2009 INCLUDING THE MIDLAND SENIOR 3000m CHAMPIONSHIPS AND THE ENGLAND MIDLANDS SPRINTS SERIES FINALS CLOSING DATE FRIDAY 26 JUNE 2009

**NB: ALL ENTRIES MUST BE SENT DIRECTLY TO MCAA OFFICE – ENTRIES WILL ONLY BE ACCEPTED WITH THE RELEVANT ENTRY FEE AND AN ENGLAND ATHLETICS NUMBER (WHERE APPLICABLE)**

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 €10/£9 per event U20's €9/£8 per event

Entry fee enclosed £.....Cheques & postal orders (in UK Sterling/Euros) 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

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.

P.T.O

## PROGRAMME OF EVENTS

### Birmingham Games Open Meeting – 19 JULY 2009

**Senior Men** 100m, 200m, 400m, 800m, 110mH, 400mH, 3000m, HJ **SH:1.80**, PV **SH:3.80**, LJ, TJ **11/13m Bd**, Shot, Hammer

**U20 Men** 100m, 200m, 400m, 800m, 110mH, 400mH, 3000m, HJ **SH:1.70**, PV **SH:3.40**, LJ, TJ **11/13m Bd**, Shot

**Senior Women** 100m, 200m, 400m, 800m, 100mH, 400mH, 3000m, HJ **SH:1.55**, PV **SH:2.40**, LJ, TJ **9/11m Bd**, Shot, Javelin

**U20 Women** 100m, 200m, 400m, 800m, 100mH, 400mH, 3000m, HJ **SH:1.45**, PV **SH:2.40**, LJ, TJ **9/11m Bd**, Shot

**Senior Men Midland Championships 3k**

**Senior Women Midland Championships 3k**

**England East Midlands, West Midlands and South West Sprint Series Finals**

**SH = Starting Height**

Under 20 Men/Women

Over 17 on 31 August 2009 but under 20 on 31 December 2009

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.

#### COACHES

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

