

# MIDLAND COUNTIES 2010 INDOOR ENTRY FORM

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



ALEXANDER STADIUM INDOOR FACILITY BIRMINGHAM

COMPETITIONS HELD UNDER UK ATHLETICS RULES



## 1<sup>ST</sup> OPEN MEETING

SATURDAY 23 JANUARY 2010 <b>SPRINTS, HURDLES</b> <b>OUTDOOR SHOT &amp; DISCUS</b> CLOSING DATE MONDAY 4 JANUARY 2010	SUNDAY 24 JANUARY 2010 <b>JUMPS</b> <b>JAVELIN &amp; HAMMER</b> CLOSING DATE MONDAY 4 JANUARY 2010
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PLEASE COMPLETE ALL THE INFORMATION ASKED FOR

	Age Group(M/W)	Event	2009 Best
Surname			
First Name			
Club			
Date of Birth			
Address Including Post Code			
Tel No (day)		Tel No (eve)	
Mobile		Email	

Age on 31 August 2010.....Age on 31 December 2010 (U20).....

Entry fees: Seniors £6 per event U20's £5 per event  
 U17/U15/U13's £4 per event

NB entry fee for track events covers a minimum of 2 races 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

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

1st OPEN MEETING – 23/24 January 2010

### SATURDAY 23 JANUARY TRACK EVENTS – MINIMUM OF TWO RACES PER EVENT

Senior Men	60m, 60mH	Senior Women	60m, 60mH
U20 Men	60m, 60mH	U20 Women	60m, 60mH
U17 Men	60m, 60mH	U17 Women	60m, 60mH
U15 Boys	60m, 60mH	U15 Girls	60m, 60mH
U13 Boys	60m, 60mH	U13 Girls	60m, 60mH

### OUTDOOR THROWS

Senior Men, U17 Men, U15 Boys Shot & Discus  
Senior Women, U17 Women, U15 Girls Shot & Discus

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### SUNDAY 24 JANUARY FIELD EVENTS

Senior Men	HJ, LJ, TJ, PV	Senior Women	HJ, LJ, TJ, PV
U20 Men	HJ, LJ, TJ, PV	U20 Women	HJ, LJ, TJ, PV
U17 Men	HJ, LJ, TJ, PV	U17 Women	HJ, LJ, TJ, PV
U15 Boys	HJ, LJ, TJ, PV	U15 Girls	HJ, LJ, PV

### OUTDOOR THROWS

Senior Men & Women Javelin & Hammer  
U17 Men & Women Javelin & Hammer

## AGE GROUPS:

<b>Under 20 Men/Women</b>	Over 17 but under 20 on 31 December 2010
<b>Under 17 Men/Women</b>	Over 15 but under 17 on 31 August 2010
<b>Under 15 Boys/Girls</b>	Over 13 but under 15 on 31 August 2010
<b>Under 13 Boys/Girls</b>	Over 11 but under 13 on 31 August 2010

## UK ATHLETICS RULE 107 APPLIES TO ALL AGE GROUPS

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.

**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 ENTRANCE FEE**