

MIDLAND COUNTIES 2010 INDOOR ENTRY FORM

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NATIONAL INDOOR ARENA BIRMINGHAM
COMPETITIONS HELD UNDER UK ATHLETICS RULES



MCAA Championships Part 1 p 13 February 2010 NIA Closing Date 18 January 2010	MCAA Championships Part 2 p 14 February 2010 NIA Closing Date 18 January 2010
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INCORPORATING THE SOUTH WEST CHAMPIONSHIPS

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 £9 per event U20's £8 per event
U17/U15 £7 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 BOX BELOW.

- The athlete having been born in the Midlands. (PTO for list of counties).
- 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.

If you compete in the Midland Championships you will not be eligible to compete in another regional championship ie; North/South for the next 9 months.

- 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 CLASS SAE (9 x 6 1/2) 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.

PLEASE SEE BOX BELOW FOR THE FOLLOWING:

- (A) = Part 1 13 February 2010 NATIONAL INDOOR ARENA BIRMINGHAM
(B) = Part 2 14 February 2010 NATIONAL INDOOR ARENA BIRMINGHAM

PROGRAMME OF EVENTS

MCAA CHAMPIONSHIPS PART 1 – 13 FEBRUARY 2010 NIA BIRMINGHAM AND PART 2 – 14 FEBRUARY 2010 NIA BIRMINGHAM

Senior Men	60m(B), 60mH(A), 200m(A), 400m(B), 800m(A), HJ (A) SH:1.70, PV(A), LJ(A), TJ(B), SP(A)
Senior Women	60m(B), 60mH(A), 200m(A), 400m(B), 800m(A), HJ (A) SH:1.50, PV(A), LJ(A), TJ(B), SP(A)
U20 Men	60m(B), 60mH(A), 200m (A), 400m(B), 800m(A), HJ (A) SH:1.60, PV(A), LJ(A), TJ(B), SP(A)
U20 Women	60m(B), 60mH(A), 200m(A), 400m(B), 800m(A), HJ (A) SH:1.40, PV(A), LJ(A), TJ(B), SP(A))
U17 Men	60m(A), 60mH(B), 200m(B), 400m(A), 800m(B), HJ (B) SH:1.50, PV(B), LJ(B), TJ(A), SP(B)
U17 Women	60m(A), 60mH(B), 200m(B), 300m(A), 800m(B), HJ (B) SH:1.30, PV(B), LJ(B), TJ(A), SP(B)
U15 Boys	60m(A), 60mH(B), 200m(B), 400m(A), 800m(B), HJ (B) SH:1.40, PV(B), LJ(B), SP(B)
U15 Girls	60m(A), 60mH(B), 200m(B) 800m(A), HJ(B) SH:1.20, L J(B), SP(B)

A =13 February B = 14 February

Triple Jumps: Women 9/11m Bd. Men 11/13m Bd. PV: Minimum starting height 2.20

****PLEASE NOTE THE U13 QUADRATHLON CHAMPIONSHIPS WILL BE HELD WITHIN THE OPEN MEETING ON 21 FEBRUARY****



AGE GROUPS:

Under 20 Men/Women	Over 17 but under 20 on 31 December 2010
Under 17 Men/Women	Over 15 but under 17 on 31 August 2010
Under 15 Boys/Girls	Over 13 but under 15 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.

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

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 ENTRANCE FEE