

MIDLAND COUNTIES 2010 INDOOR ENTRY FORM

www.midlandathletics.org



NATIONAL INDOOR ARENA BIRMINGHAM
COMPETITIONS HELD UNDER UK ATHLETICS RULES



2nd OPEN MEETING
SUNDAY 21 FEBRUARY 2010
INCLUDING THE MIDLAND U13 QUADRATHLON CHAMPIONSHIPS PLUS
AN OPEN U13 QUADRATHLON COMPETITION
Closing Date 25 January 2010

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's £7 per event Quadrathlon £7

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 1st 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

2nd OPEN MEETING 21 FEBRUARY 2010

Senior Men 60m, 60mH, 200m, 400m, 800m, 1500m, HJ, PV

Senior Women 60m, 60mH, 200m, 400m, 800m, 1500m, HJ, PV

U20 Men 60m, 60mH, 200m, 400m, 800m, HJ, PV, LJ

U20 Women 60m, 60mH, 200m, 400m, 800m, HJ, PV, LJ

U17 Men 60m, 60mH, 200m, 400m, HJ, PV, LJ

U17 Women 60m, 60mH, 200m, 300m, HJ, PV, LJ

U15 Boys 60m, 60mH, 200m, HJ, PV, SP

U15 Girls 60m, 60mH, 200m, HJ, PV, SP

HJ (all Ages): Pool A starting height 1m 30

Pool B Starting Height 1m 70

PV (all Ages): Pool A starting height 2m 20

Pool B Starting Height 3m 60

OPEN 3K WALK U17/U20/SENIORS MALE & FEMALE

U13 GIRLS AND BOYS QUADRATHLON 60m, Shot, High Jump, Long Jump **NB High jumpers will have a maximum of 7 attempts**

QUADRATHLON

EVENT	PB
60m	
Shot	
High Jump	
Long Jump	

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

Under 13 Boys/Girls 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