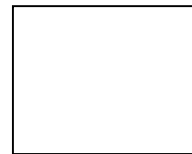


MIDLAND COUNTIES 2010 OUTDOOR ENTRY FORM



www.midlandathletics.org.uk

Alexander Stadium Birmingham
COMPETITION HELD UNDER IAAF RULES



McCAIN BIRMINGHAM GAMES - EAP MEETING

SATURDAY 24 JULY 2010

CLOSING DATE FRIDAY 9 JULY 2010

NB: ALL POSTAL ENTRIES MUST BE SENT DIRECTLY TO MCAA OFFICE. PLEASE READ THE WHOLE FORM ENTRIES WILL ONLY BE ACCEPTED WITH THE RELEVANT ENTRY FEE AND AN ENGLAND ATHLETICS NUMBER. ALL INFORMATION MUST BE COMPLETED AND A CORRECTLY STAMPED SAE FOR RETURN DETAILS MUST BE ENCLOSED. FAILURE TO SEND A CHEQUE/POSTAL ORDER AND INCOMPLETE DETAILS WILL SEE YOUR ENTRY RETURNED TO YOU. AN ONLINE ENTRY FORM WILL BE AVAILABLE DURING MAY.

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

Age on 31 August 2010.....

Entry fees: £9 per event or €10 – This is a Senior competition so senior hurdles and weights will apply

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

Signed:.....Eng/Wel/Sc No.....Date.....

NB ENTRY STANDARDS APPLY PLEASE SEE PAGE 2 **PRIZE MONEY TO FIRST 3 IN EACH EVENT**

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.

IF A CORRECTLY STAMPED 1st Class SAE (9 x 6½") is not received then information WILL NOT BE SENT OUT. Send forms to the Championship Secretary (McCain Birmingham Games), 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 FOUR DAYS PRIOR TO THE EVENT THEN PLEASE CONTACT THE MCAA OFFICE ON 0121 344 4201.

P.T.O

PROGRAMME OF EVENTS

Entry Standard

WOMEN'S EVENTS	ENTRY STANDARD		MEN'S EVENTS	ENTRY STANDARD
100m	12.2s		100m	10.9s
200m	24.9s		200m	22.0s
400m	57.4s		400m	49.5s
100mH	14.4s		110mH	14.8s
400mH	63.0s		400mH	55.4s
High Jump	1.65m		High Jump	1.95m
Long Jump	5.45m		Long Jump	6.75m
Pole Vault	3.50m		Pole Vault	4.40m
Discus	36.40m		Shot	12.65m
Shot	11.00m		Hammer	44.70m
Hammer	44.70m		Javelin	52.80m
Triple Jump	11.15m			

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

