



**MIDLAND COUNTIES ATHLETIC ASSOCIATION  
PRESENT  
2010 INDOOR TRACK & FIELD CHAMPIONSHIPS  
& OPEN MEETINGS**



**All competitions are held under UK Athletics Rules**

**1<sup>ST</sup> OPEN MEETING - INDOOR CENTRE ALEXANDER STADIUM BIRMINGHAM  
INCLUDING OUTDOOR THROWS**

**Saturday/Sunday 23/24 January 2010**

**Closing Date: MONDAY 4 JANUARY 2010**

**3<sup>RD</sup> OPEN MEETING - INDOOR CENTRE ALEXANDER STADIUM BIRMINGHAM  
INCLUDING OUTDOOR THROWS**

**Saturday/Sunday 27/28 March 2010 - Closing Date: MONDAY 15 MARCH 2010**

**BIRMINGHAM GAMES - NATIONAL INDOOR ARENA, BIRMINGHAM**

**Saturday/Sunday 6/7 February 2010**

**Closing Date: MONDAY 11 JANUARY 2010**

**MIDLAND CHAMPIONSHIPS- NATIONAL INDOOR ARENA, BIRMINGHAM  
INCLUDING SOUTH WEST CHAMPIONSHIPS**

**Saturday/Sunday 13/14 February 2010 All Age Groups**

**Closing Date: MONDAY 18 JANUARY 2010**

**2<sup>ND</sup> OPEN MEETING - NATIONAL INDOOR ARENA, BIRMINGHAM**

**Sunday 21 February - Closing Date: 25 JANUARY 2010**

Entry forms for all meetings can be obtained by sending a stamped self addressed envelope to: The Championship Secretary, MCAA, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR (0121 344 4201). Please state which entry form(s) you require OR you can download an entry form from our website: [www.midlandathletics.org.uk](http://www.midlandathletics.org.uk)