



**MIDLAND COUNTIES ATHLETIC ASSOCIATION
2012 INDOOR MEETINGS
All subject to permit**

Supported by:



Competitions Held Under UKA Rules

1st OPEN MEETING - ALEXANDER STADIUM HPC

Saturday/Sunday 14/15 January 2012
PAPER ENTRY CLOSING DATE 23 DECEMBER 2011
ONLINE ENTRY CLOSING DATE 3 JANUARY 2012

BIRMINGHAM GAMES - NATIONAL INDOOR ARENA

Saturday/Sunday 4/5 February 2012
PAPER ENTRY CLOSING DATE 3 JANUARY 2012
ONLINE ENTRY CLOSING DATE 9 JANUARY 2012

**MIDLAND CHAMPIONSHIPS INCLUDING U13 QUADRATHLON
PLUS OPEN EVENTS - NATIONAL INDOOR ARENA**

Saturday/Sunday 11/12 February 2012
PAPER ENTRY CLOSING DATE 16 JANUARY 2012
ONLINE ENTRY CLOSING DATE 23 JANUARY 2012

2nd OPEN MEETING - NATIONAL INDOOR ARENA

Sunday 19 February 2012
PAPER ENTRY CLOSING DATE 23 JANUARY 2012
ONLINE ENTRY CLOSING DATE 30 JANUARY 2012

3rd OPEN MEETING - ALEXANDER STADIUM HPC

Saturday/Sunday 24/25 March 2012
PAPER ENTRY CLOSING DATE 12 MARCH 2012
ONLINE ENTRY CLOSING DATE 19 MARCH 2012

MIDLAND CHAMPIONSHIPS ELIGIBILITY – All Championship competitors must have at least one of the following qualifications

The athlete having been born in the Midlands.

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.

Birth/Residence qualification is in one of the following:

Avon, Herefordshire, Gloucestershire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire. NB: England South West (Cornwall, Devon, Dorset, Somerset, Wiltshire) & East Midlands (Derbyshire, Lincolnshire) are recognised for qualification purposes **BUT** you can only compete in one Area Championships in a calendar year – January to December.

CHAMPIONSHIP CLOTHING

THE FOLLOWING VESTS ONLY ARE ACCEPTABLE FOR THE CHAMPIONSHIPS: CLUB, COUNTY, COUNTY SCHOOLS, AREA, NATIONAL OR INTERNATIONAL. FAILURE TO WEAR ONE OF THESE VESTS COULD RESULT IN DISQUALIFICATION.

PLEASE MAKE CHEQUES PAYABLE TO MIDLAND COUNTIES AA.

PLEASE ENCLOSE SAE WITH ALL ENTRIES TO ENSURE YOU GET THE PAPERWORK.

ONLINE ENTRY FOR ALL EVENTS WILL BE AVAILABLE AT
WWW.ATHLETICS-UK.NET/BIRMINGHAM/2012

1ST OPEN

Saturday 14 January 2012

Senior Men & Women	60m & 60m Hurdles	(Shot & Discus
U20 Men & Women	60m & 60m Hurdles	(Senior event only so senior entry fee applies
U17 Men & Women	60m & 60m Hurdles	Shot & Discus
U15 Boys & Girls	60m & 60m Hurdles	Shot & Discus
U13 Boys & Girls	60m & 60m Hurdles	

Minimum of 2 races per event

Number of throws will be dependent on entries

Sunday 15 January 2012

Senior Men & Women	HJ, LJ, TJ, PV	(Javelin & Hammer
U20 Men & Women	HJ, LJ, TJ, PV	(Senior event only so senior entry fee applies
U17 Men & Women	HJ, LJ, TJ, PV	Javelin & Hammer
U15 Boys & Girls	HJ, LJ, TJ, PV	

HJ Pool A SH 1.20m, Pool B SH 1.50m, Pool C SH 1.75m PV Pool A SH 2.20m, Pool B SH 3.20m

TJ Board A 9m, Board B 11m, Board C 13m

Please ensure that you enter the relevant pool/board for your event/Number of throws will be dependent on entries

Entry fees: Paper entry: Seniors £8 per event, U20's £7 per event, U17/U15/U13's £6 per event

Closing date: 23 December 2011

Online entry: Seniors £7 per event, U20's £6 per event, U17/U15/U13's £5 per event

Closing date: 3 January 2012

BIRMINGHAM GAMES

Saturday/Sunday 4/5 February 2012

Senior Men	60m(A), 60mH(B), 200m(B), 400m, 800m, 1500m, HJ(B) SH:1.80, PV(A) SH:3.80, LJ(A), TJ(B) 11/13m Bd, SP(A)
Senior Women	60m(A), 60mH(B), 200m(B), 400m, 800m, 1500m, HJ(A) SH:1.60, PV(B) SH:2.40, LJ(A), TJ(B) 9/11m Bd, SP(A)
U20 Men	60m(A), 60mH(B), 200m(A), 400m(B), 800m(A), PV (A) SH 3.60
U20 Women	60m(A), 60mH(B), 200m(A), 400m(B), 800m(A), PV (B) SH 2.30
U17 Men	60m(A), 60mH(B), 200m(A), 400m(B), 800m(A), HJ (B) SH 1.60, LJ (A)
U17 Women	60m(A), 60mH(B), 200m(A), 300m(B), 800m(A), HJ (B) SH 1.40, LJ (B)
U15 Boys	60m(A), 60mH(B), 200m(A), 400m(A), 800m(B), HJ (A) SH 1.40, LJ (A)
U15 Girls	60m(A), 60mH(B), 200m(A), 800m(B), HJ (A) SH 1.30, LJ (B)

NB U20's wishing to do field events other than the Pole Vault have to pay the Senior entry fee

If (A) Saturday or (B) Sunday not quoted event could be over two days SH = Starting Height

Entry fees: Paper entry: Seniors £10 per event or €11, U20's £9 per event or €10, U17/U15's £8 per event or €9

Closing date: 3 January 2012

Online entry: Seniors £9 per event or €10, U20's £8 per event or €10, U17/U15's £7 per event or €8

Closing date: 9 January 2012

MIDLAND CHAMPIONSHIPS & OPEN TRACK EVENTS

Saturday/Sunday 11/12 February 2012

Saturday 11 February 2011

Senior Men & Women	60mH, 200m, 800m, HJ SH 1.70m/1.50m, PV, LJ, SP	OPEN	60mH, 200m, 800m, 3000m
U20 Men & Women	60mH, 200m, 800m, HJ SH 1.60m/1.40m, PV, LJ, SP	OPEN	60mH, 200m, 800m, 3000m
U17 Men & Women	60m, 300m (W), 400m (M), TJ	OPEN	60m, 300m (W), 400m (M),
U15 Boys & Girls	60m, 400m Boys, 800m Girls	OPEN	60m, 400m Boys, 800m Girls
U13 Boys	Quadrathlon		

Sunday 12 February 2011

Senior Men & Women	60m, 400m, TJ	OPEN	60m, 400m
U20 Men & Women	60m, 400m, TJ	OPEN	60m, 400m
U17 Men & Women	60mH, 200m, 800m, HJ SH 1.50m/1.30m, PV, LJ, SP	OPEN	60mH, 200m, 800m
U15 Boys & Girls	60m H, 200m, 800m Boys, HJ SH 1.40m/1.20m, PV, LJ, SP	OPEN	60m H, 200m, 800m
U13 Girls	Quadrathlon		

TRIPLE JUMP BOARDS – WOMEN 9/11m - MEN 11/13m ALL POLE VAULT MINIMUM STARTING HEIGHT
2.20m

Entry fees: Paper entry: Seniors £10 per event, U20's £9 per event or, U17/U15/U13's £8 per event

Closing date: 16 January 2012

Online entry: Seniors £9 per event, U20's £8 per event or, U17/U15/U13's £7 per event

Closing date: 23 January 2012

2ND OPEN

Sunday 19 February 2012

Senior Men & Women	60m, 60mH, 200m, 400m, 800m, 1500m, HJ, PV
U20 Men & Women	60m, 60mH, 200m, 400m, 800m, HJ, PV, LJ
U17 Men & Women	60m, 60mH, 200m, 300m Girls, 400m Boys, HJ, PV, LJ
U15 Boys & Girls	60m, 60mH, 200m HJ, PV, SP
U17/U20/Senior Men & Women	Open 3k Walk

Please ensure that you enter the relevant pool for your event

High Jump Pool A SH 1.20m Pool B SH 1.50m Pool C SH 1.75m

Pole Vault Pool A SH 2.20m Pool B SH 3.20m

Number of trials in horizontal jumps and throws will be dependent on size of entry

Entry fees: Paper entry: Seniors £10 per event or €11, U20's £9 per event or €10, U17/U15's £8 per event or €9

Closing date: 23 January 2012

Online entry: Seniors £9 per event or €10, U20's £8 per event or €10, U17/U15's £7 per event or €8

Closing date: 30 January 2012

3RD OPEN

Saturday 24 March 2012

Senior Men & Women	60m & 100m	60m Hurdles & 110mH/100mH	(Shot & Discus
U20 Men & Women	60m & 100m	60m Hurdles & 110mH/100mH	(Senior event only so senior entry fee applies
U17 Men & Women	60m & 100m	60m Hurdles & 100mH/80mH	Shot & Discus
U15 Boys & Girls	60m & 100m	60m Hurdles & 80mH/75mH	Shot & Discus
U13 Boys & Girls	60m & 100m	60m Hurdles & 75mH/70mH	

A sprint entry entitles an athlete to both a 60m & 100m race

A hurdles entry entitles an athlete to both a 60mH & age group outdoor distance

Number of throws will be dependent on entries

Sunday 25 March 2012

Senior Men & Women	HJ, LJ, TJ, PV	(Javelin & Hammer
U20 Men & Women	HJ, LJ, TJ, PV	(Senior event only so senior entry fee applies
U17 Men & Women	HJ, LJ, TJ, PV	Javelin & Hammer
U15 Boys & Girls	HJ, LJ, TJ, PV	

HJ Pool A SH 1.20m, Pool B SH 1.50m, Pool C SH 1.75m **PV** Pool A SH 2.20m, Pool B SH 3.20m

TJ Board A 9m, Board B 11m, Board C 13m

Please ensure that you enter the relevant pool/board for your event/Number of throws will be dependent on entries

Entry fees: **Paper entry:** **Seniors £8 per event, U20's £7 per event, U17/U15/U13's £6 per event**

Closing date: **12 March 2012**

Online entry: **Seniors £7 per event, U20's £6 per event, U17/U15/U13's £5 per event**

Closing date: **19 March 2012**

Age Groups

Senior Men/Women	Over 17 on 1 September 2011 but under 20 on 31 December 2012
Under 20 Men/Women	Over 17 but under 20 on 31 December 2012
U17 Men/Women	Over 15 but under 17 on 31 August 2012
U15 Boys/Girls	Over 13 but under 15 on 31 August 2012
U13 Boys/Girls	Over 11 but under 13 on 31 August 2012

DRUG TESTING

I hereby (i) acknowledge that I am bound by UKA's Anti-Doping rules, (ii) agree to submit to drugs testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve my providing a blood and/or urine sample); and (iii) confirm that I am either aged 18 years or older or that the person(s) having parental responsibility for me consent to the above testing.

To check the status of registered medicines please visit www.globaldro.com. For information on testing procedures please visit www.100percentme.co.uk. The UKA Anti-Doping Rules are available at www.uka.org.uk. For general anti-doping queries please contact antidoping@uka.org.uk.

There will be a tick box on the competition form that will have to be ticked to ensure that you have read the drug testing information.

CONDITIONS OF ENTRY TO AREA CHAMPIONSHIPS

1 UK ATHLETICS RULES

All events will be subject to UKA Rules for Competition.

2 ELIGIBILITY

All events are confined to amateurs who were either a) born within the Midland Counties AA Area, OR b) have lived within the Area boundary for nine months prior to the date of competition. **See eligibility note on the first page.**

3 EVENT RESTRICTIONS

The Committee reserves the right to cancel any event in which the entries are insufficient to justify the holding of a Championship competition. A minimum of three entries will be required. If an event is cancelled and an athlete chooses to move into a higher age group, the athlete will only qualify for an award in the upper age category and any performance will be deemed as appropriate to that age category only.

4 UKA RULE 107 APPLIES – athletes may chose to compete in an age group above their own subject to the limitations in rule 107.

5 CLUB MEMBERSHIP AND CLOTHING

After one year of competition, an athlete must be a member of a club affiliated directly or indirectly to UK Athletics. Athletes who are club members must wear club vests or alternatively a County, Territorial or National vest. All athletes are reminded that all clothing must be clean, and so designed and worn as not to be objectionable, even if wet. Crop tops are acceptable as team colours if they are in the same colours as the club vest and as near in design as possible.

6 EQUIPMENT

The organisers will provide implements for the throwing events. Competitors may use their own implements provided that these are booked in a minimum of one hour prior to the scheduled start of the individual event and approved by the Technical Manager. Competitors must supply their own poles in the Pole Vault. Competitors own starting blocks may be used if they conform to regulations and are approved by the Starter's Assistant.

7 ENTRIES

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.

The organisers reserve the right to refuse any entry. **If you have sent a correctly stamped SAE (9 x 6½”) then your paperwork will come back to you in the post. IF YOU HAVE NOT SENT AN SAE THEN PLEASE CHECK THE MIDLAND WEBSITE www.midlandathletics.org.uk FOR TIMETABLE AND ATHLETES LETTER. ATHLETES ENTERING ONLINE WILL NEED TO PRINT THEIR BOOKING CARD OFF AT STEP 6.** Late entries will not be accepted and the organisers cannot be responsible for items lost or delayed in the post. Athletes (or if under 16, their parent/guardian) should check the details on the entry form before signing it, since errors cannot be corrected after the closing date.

NOTE

Senior Champions will be awarded free entry to the England Open Championships in the same event and age group, subject to achieving the relevant entry standard during the current season.



COACHES

ON PRODUCTION OF A CURRENT UKA COACHING LICENCE COACHES WILL BE CHARGED A £1 ENTRY FEE



2012 MIDLAND COUNTIES INDOOR COMMON ENTRY FORM

PLEASE INDICATE WHICH MEETING YOU ARE ENTERING

Surname First Names
(Women recently married please give previous surname)

Address
.....Post Code

EA reg no.....Tel No Daytime.....

Tel No Evening.....Mobile.....

E-mail Club.....

Age Group for which you are entering: (please tick)

- | | | | | | | | |
|------------|-----|--------------|-----|----------|-----|-----------|-----|
| Senior Men | () | Senior Women | () | U20 Men | () | U20 Women | () |
| U17 Men | () | U17 Women | () | U15 Boys | () | U15 Girls | () |
| U13 Boys | () | U13 Girls | () | | | | |

Date of Birth..... U20's only age on 31.8. 2012.....

Place of Birth.....

I wish to enter the following events:

2011 Best

- | | |
|---------|-------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |

INFORMATION FOR U13 QUADRATHLON

EVENT	PB
60m	
Shot	
Long Jump	
High Jump	

Cheque/ PO value..... enclosed, payable to MCAA

I declare that I am eligible to compete under UKA Rules and that I am eligible to compete in the Midland Counties Athletics Championship on the grounds of - *Birth / *Residence (*delete whichever does not apply) I am aware that drug testing may take place and that Club (or representative) vests must be worn.

Signed..... (If Under 16 to be signed by a Parent or Guardian)

Please return completed forms to: Midland Counties Athletic Association, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR

You must enclose SAE to ensure confirmation, timetable etc.

ONLINE ENTRY FOR ALL EVENTS WILL BE AVAILABLE AT
WWW.ATHLETICS-UK.NET/BIRMINGHAM/2012

UKA RULE 107 APPLIES – athletes may chose to compete in an age group above their own subject to the limitations in rule 107.