



# MIDLAND COUNTIES ATHLETIC ASSOCIATION 2016 INDOOR MEETINGS



All subject to permit

Competitions Held Under UKA Rules

<p><b>1<sup>ST</sup> OPEN MEETING - ALEXANDER STADIUM HPC</b>            Saturday/Sunday 16/17 January 2016            Including outdoor throws  <b>PAPER ENTRY CLOSING DATE 16 DECEMBER 2015</b>  <b>ONLINE ENTRY CLOSING DATE 23 DECEMBER 2015</b></p>
<p><b>2<sup>ND</sup> OPEN MEETING - ALEXANDER STADIUM HPC</b>            Saturday/Sunday 20/21 February 2016            Including outdoor throws  <b>PAPER ENTRY CLOSING DATE 30 January 2016</b>  <b>ONLINE ENTRY CLOSING DATE 6 February 2016</b></p>
<p><b>3<sup>RD</sup> OPEN MEETING - ALEXANDER STADIUM HPC</b>            Saturday/Sunday 19/20 March 2016            Including outdoor throws  <b>PAPER ENTRY CLOSING DATE 28th February 2016</b>  <b>ONLINE ENTRY CLOSING DATE 6 March 2016</b></p>

**ONLINE ENTRY FEES PER EVENT (PAPER ENTRIES CARRY A £2 SUPPLEMENT PER EVENT)**

HPC Open Meetings:      Senior £8                      U20 £7                      U17/U15/13 £6

ONLINE ENTRY FOR ALL EVENTS WILL BE AVAILABLE ON <http://mcaa.athletics-uk.org/>

**PLEASE INCLUDE AN EMAIL ADDRESS ON YOUR PAPER ENTRY TO ENSURE YOU GET THE INFORMATION EMAIL**

In the case of a meeting being cancelled due to circumstances beyond the MCAA control then there will be a refund of entry fees of 80%. The remainder will be used towards offsetting the expenditure incurred.

**1<sup>ST</sup> OPEN 16/17 JANUARY**

Saturday 16 January 2016		MEN & WOMEN
Senior/U20/U17/U15/U13	60m & 60m Hurdles	2 races per event per 1 payment
Senior/U17/U15	Shot & Discus	
Sunday 17 January 2016		MEN & WOMEN
Senior/U20/U17/U15	High Jump, Long Jump, Triple Jump, Pole Vault	
Senior/U17/U15	Javelin & Hammer	

HJ Pool A SH 1.25m, Pool B SH 1.50m, Pool C SH 1.75m      PV Pool A SH 2.30m, 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 trials in horizontal jumps and throws will be dependent on size of entry.*

**2<sup>nd</sup> OPEN 20/21 FEBRUARY**

Saturday 20 February 2016		MEN & WOMEN
Senior/U20/U17/U15	High Jump, Long Jump, Triple Jump, Pole Vault	
Senior/U17/U15	Shot & Discus	
Sunday 21 February 2016		MEN & WOMEN
Senior/U20/U17/U15/U13	60m & 60m Hurdles	2 races per event per 1 payment
Senior/U17/U15	Javelin & Hammer	

HJ Pool A SH 1.25m, Pool B SH 1.50m, Pool C SH 1.75m      PV Pool A SH 2.30m, 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 trials in horizontal jumps and throws will be dependent on size of entry.*

### 3<sup>RD</sup> OPEN 19/20 MARCH

**Saturday 19 March 2016**

**MEN & WOMEN**

<b>Senior/U20/U17/U15</b>	High Jump, Long Jump, Triple Jump, Pole Vault	
<b>Senior/U17/U15</b>	Hammer & Javelin	Number of throws dependent on entries

HJ Pool A SH 1.25m, Pool B SH 1.50m, Pool C SH 1.75m      PV Pool A SH 2.30m, 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 trials in horizontal jumps and throws will be dependent on size of entry.*

**Sunday 20 March 2016**

**MEN & WOMEN**

<b>Senior/U20/U17/U15/U13</b>	Early Session 60m, 60m Hurdles Late session 100m,70mH/75mH/80mH/100mH/110mH	A single payment entitles the entrant to 1 race in the early session and 1 race in the late session
<b>Senior/U17/U15</b>	Shot & Discus	Number of throws dependent on entries

#### **Age Groups**

<b>Senior Men/Women</b>	At least 20 years of age on 31 <sup>st</sup> December 2016
<b>Under 20 Men/Women</b>	Over 17 but under 20 on 31 December 2016
<b>U17 Men/Women</b>	Over 15 but under 17 on 31 August 2016
<b>U15 Boys/Girls</b>	Over 13 but under 15 on 31 August 2016
<b>U13 Boys/Girls</b>	Over 11 but under 13 on 31 August 2016

#### **CONDITIONS OF ENTRY**

##### **1 UK ATHLETICS RULES**

All events will be subject to UKA Rules for Competition.

##### **2 EVENT RESTRICTIONS**

The Committee reserves the right to cancel any event in which the entries are insufficient to justify the holding of a competition. A minimum of three entries may be required. If an event is cancelled and an athlete chooses to move into a higher age group then that is permissible.

Triple jump – Please ensure you choose the most appropriate board having regard to your ability and safety.

**The Committee reserves the right to change the day of an advertised event.**

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

##### **4 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. **All Athletes must be a paid up member of both their Club and the England Athletics licence scheme.** All athletes are reminded that all clothing must be clean, and so designed and worn as not to be objectionable, even if wet.

##### **5 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.

##### **6 POSTAL 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. We no longer require a sae if you have an email address.**

The organisers reserve the right to refuse any entry. 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.

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

**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](http://www.globaldro.com). For information on testing procedures please visit [www.100percentme.co.uk](http://www.100percentme.co.uk). The UKA Anti-Doping Rules are available at [www.uka.org.uk](http://www.uka.org.uk). For general anti-doping queries please contact [antidoping@uka.org.uk](mailto: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.





**PAPER ENTRY FEES (INCLUDING £2 SUPPLEMENT)**

**HPC Open Meetings: Senior £10 U20's £9 U17/U15/13's £8**

**2016 MIDLAND COUNTIES INDOOR COMMON ENTRY FORM**

**PLEASE INDICATE WHICH MEETING YOU ARE ENTERING .....**

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

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. 2016 .....

Drug statement read (please Tick) ( )

I wish to enter the following events:

2015 Best

POOL

	2015 Best	POOL

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

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

**PLEASE INCLUDE AN EMAIL ADDRESS ON YOUR PAPER ENTRY TO ENSURE YOU GET THE INFORMATION EMAIL**

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