

HERTFORDSHIRE INDOOR CHAMPIONSHIPS
(with Middlesex & Kent)
LEE VALLEY ATHLETICS CENTRE- EDMONTON- N9 OAR
Saturday March 19th/Sunday March 20th 2016

Age Groups; Age Groups as at Midnight 31/08/16 (same as outdoors 2016)
 under 15 (yr 8/9), under 17 (yr 10/11)
 under 20 (over 17 on 31/08/16 but under 20 on 31/12/16)
 Seniors

Events;
60m, 60m hurdles, 200m, 400m, 800m, 1500m, 1kWalk
 Dependent on entries, separate races will be held for each County.
High Jump, Pole Vault - Normal rules apply
Long Jump, Triple Jump, Shot - Each competitor has four trials.
 Please see prospectus for which events are on which day.

The Organising Committee reserves the right to alter the above when drawing up the timetable or on the day.

- Notes:**
- U13s are not allowed to enter
 - U15s & U17s may only compete in up to three events
 - U20s may only compete in up to five events
 - **Club vests must be worn or representative vests as per UKA rule 17**

- Entries;**
- Use the right hand half of this information sheet (detach & keep this side)
 - Entry Fee £7.00 per event
 - Cheques or Postal orders payable to Hertfordshire Association of Athletic & Running Clubs
 - **Under no circumstances should cash be sent through the post**
 - Timetables will be sent via e-mail or will be on the County websites
 - Send entry form and fee to:

Sally Gandee
4 Westfield Road
Hertford, Herts
SG14 3DJ

sally@gandee.org.uk

- Closing date for receipt of entries - Thursday 3rd March 2016

LATE ENTRIES WILL NOT BE ACCEPTED

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LEE VALLEY ATHLETICS CENTRE- EDMONTON- N9 OAR
Saturday March 19th/Sunday March 20th 2016
Please fill in using BLOCK CAPITALS

First Name.....Surname.....
 Address.....
Post Code.....
 Tel no.....Email.....
 Date of Birth.....Place of Birth**(see below).....
 Age Group..... Male/Female..... Club.....
 EA Registration No

Select events entered below;

TRACK EVENTS	Tick event	Pb 2015/16		
60m			100m if no 60m time	
60m hurdles			Age group sprint hurdles pb if no 60m hurdles time	
200m				
400m				
800m				
1500m				
1k Walk				
FIELD EVENTS				
High Jump				
Pole Vault				
Long Jump				
Triple Jump			See prospectus for boards	
Shot Putt				

Number of events entered@£7.00 each Total Entry Fee..... (enclosed)

I hereby declare that I am an Amateur as defined by UKA Rule 1 and eligible to compete in the County Championship as indicated above.

Signed.....Date.....

* *If a residential qualification is claimed, the following **must** be completed;- (UKA rule 9)
 I have continuously resided at

.....
 Post Code..... Since.....

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