

MIDDLESEX INDOOR CHAMPIONSHIPS 2016
(combined with Herts and Kent)
LEE VALLEY ATHLETICS CENTRE- EDMONTON- N9 0AR
Saturday 19th March / Sunday March 20th

Age Groups; *Age Groups as at Midnight 31/08/16 (same as outdoors 2016)*
 under 15; under 17;
 under 20;→ (over 17 on 31/08/16 but under 20 on 31/12/16)
 Seniors

Events;

60m and 60m hurdles; (60m hurdles will be the first events- starting with Senior men)
 Dependent on entries, separate races will be held for each county.
200m, 400m, 800m, 1500m; Dependent on entries, separate races will be held
 for each County. (NB U15B, U15G, U17W run 300m)
High Jump; Pole Vault; Normal rules apply
Long Jump; Triple Jump;(MIN T.O BOARDS SM 11/13, U20m 9/11,
 SW,U20W,U17M,U17W 7/9) Shot; Each competitor has four trials.
 1k walk

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 **Middlesex County AA**
- **Under no circumstances should cash be sent through the post**
- Timetables will be sent via e-mail and will be on the County website
- Send entry form and fee to:

Major Carr , 6 Ash Court, Maybank Rd
 London E18 1EN

07961 617502 0208 504 6108 major_carr@yahoo.co.uk

• Closing date for receipt of entries; Thurs 3rd March
 2016.

LATE ENTRIES WILL NOT BE ACCEPTED

First Name.....Surname.....
 Address.....
Post Code.....
 Tel. no.....Email.....
 Date of Birth.....County of Birth**(see below).....
 Age Group..... Male/Female..... Club.....
 English Athletics registration No.....

Select events entered below;

SATURDAY	Tick event	Pb 2015/16	
60m Hurdles			100m if no 60m time →
200m			
800m			
High Jump U17W,U20W,SW U20M,SM			
Pole Vault (women)			
Long Jump (men)			
Triple Jump(women)			
Shot Put (men)			
1k walk			
SUNDAY			
60m			
300/400m			
1500m			
High Jump U15B,U15G,U17m			
Shot Putt (women)			
Long Jump (women)			
Triple Jump (men)			
Pole Vault (men)			

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.....

