## ESSEX COUNTY ATHLETIC ASSOCIATION EASTERN COUNTIES ATHLETIC ASSOCIATION

WEB: http://www.essexcountyaa.org.uk/

EMAIL:

essexaa1@btinternet.com

The Joint Essex County A.A. and Eastern Counties A.A. are being held on Saturday and Sunday 4th/5th February 2017 at Lee Valley Athletics Centre. On Saturday events will not start until 13:30.

6mm Spikes only are to be used on the track. All spikes will be inspected by Lee Valley staff.

The **LIST OF EVENTS** is attached showing which day the events are on. The timetable will be drawn up once the number of competitors for each event is known. The CLOSING DATE for entries is 6th January 2017 for paper entries and 22:00 on 12th January 2017 for on-line entries. **LATE ENTRIES WILL NOT BE ACCEPTED.** 

You are reminded of  $\mathbf{Rule}\ 9$  – County Qualification. Essex Athletes will automatically be entered into the Eastern Counties Championships. Separate medals will be awarded for each championship.

Entries can be made on-line £9 per event Seniors and Juniors(U20), and £8 for all other age groups at:

https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=21026&OrgID=13220

or paper entries should be completed in full and sent together with the appropriate remittance of £9 per event Vets, Seniors and Juniors (U20), and £8 for all other age groups (U17,U15 & U13). Names and addresses must be written on the reverse of all cheques. Please ensure that the correct postage is paid. Any form sent by recorded delivery/special delivery may not be accepted. Certificate of posting will suffice.

The on-line form requires your UKA registration number. On-line entries can be accepted from those entering their school as their club in which case the UKA number is SCHOOL. If you do not have a number, then the entry should be by post with an explanation. NOTE: Essex use the England Athletic licence checker to ensure correct registration.

You should be aware of the UK Athletics policy on 'Use of Photographic and Video Images of children/young persons under the age of 18', which can be seen on the website.

**APPLICATION FORMS** for both Essex and Eastern Counties should be sent to, Championship Secretary, Essex AA, 5 Manwood Avenue. Canterbury, Kent CT2 7AE.

A copy of the provisional timetable will be available on the Essex County web page.

You should receive confirmation of your entry, together with your competition number, by 27 January 2017. You should check the details and advise of any mistakes immediately.

If you have any **PROBLEMS**, then you should contact the club secretary, who will be able to contact the championship secretary.

## **Essex County AA and Eastern Counties AA Track and Field**

#### **LIST OF EVENTS**

#### **INDOOR CHAMPIONSHIPS**

## Saturday 4th February 2017

## Sunday 5th February 2017

Senior Men	Senior Women	Senior Men	Senior Women		
60m	60m	200m	200m		
60m Hurdles	60m Hurdles	400m	400m		
	Pole Vault	800m	800m		
Shot	Shot	1500m	1500m		
1 Mile Walk	1 Mile Walk	High Jump	High Jump		
		Pole Vault	3 1		
		Long Jump	Long Jump		
		Triple Jump	Triple Jump		
Vet Men	Vet Women	Vet Men	Vet Women		
60m	60m	300m	300m		
OOIII	OOIII	1500m	1500m		
		1500111	1500111		
Junior Men	Junior Women	Junior Men	Junior Women		
60m	60m	200m	200m		
60m Hurdles	60m Hurdles	400m	400m		
	Pole Vault	800m	800m		
Shot	Shot	1500m	1500m		
1 Mile Walk	1 Mile Walk	High Jump	High Jump		
		Pole Vault	J 1		
		Long Jump	Long Jump		
		Triple Jump	Triple Jump		
		Triplo damp	Thiple damp		
U17 Men	U17 Women	U17Men	U17Women		
60m	60m	200m	200m		
60m Hurdles	60m Hurdles	400m	300m		
	Pole Vault	800m	800m		
Shot	Shot	1500m	1500m		
1 Mile Walk	1 Mile Walk	High Jump	High Jump		
		Pole Vault			
		Long Jump	Long Jump		
		Triple Jump	Triple Jump		
U15 Boys	U15 Girls	U15 Boys	U15 Girls		
60m	60m	200m	200m		
60m Hurdles	60m Hurdles	300m	300m		
	Pole Vault	800m	800m		
Long Jump	Long Jump	High Jump	High Jump		
Shot	Shot	Pole Vault			
1 Mile Walk	1 Mile Walk				
U13 Boys	U13 Girls	U13 Boys	U13 Girls		
60m	60m	200m	200m		
60m Hurdles	60m Hurdles	800m	800m		
Long Jump	Long Jump	High Jump	High Jump		
Shot	Shot				
1 Mile Walk	1 Mile Walk				
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WEB: http://www	EB: http://www.essexcountyaa.org.uk/					EMAIL: essexaa1@btinternet.com					
UNDER UKA RU	LES										
Name (Block C	Capitals)				Date of	Birth	•••••				
Address	• • • • • • • • • • • • • • • • • • • •										
					Post Code						
Email Address				Telephone No.							
Club England Athletics URN											
Senior Men	U/2	0 Men	U/17 Men	U/15 Boys U/13 Boys Vet Men							
Senior Wome	en U/2	0 Women	U/17 Women	U/15	U/15 Girls U/13 Girls Vet Women						
Fully completed FORMS TO BE SENT TO: Championship Secretary, Essex AA, 5 Manwood Avenue. Canterbury, Kent CT2 7AE by the Friday 6th January 2016. Late entries will <b>NOT</b> be accepted.											
NO EMAIL ENTRIES ACCEPTED											
Day			Event		Best time	in last	year	(official use	?)		
									_		
☐ I was born in Essex OR ☐ I have lived in Essex since											
☐ I was born in Eastern Counties <b>OR</b> ☐ I have lived in Eastern Counties since											
			ayable to Essex at for other entra			_		ee of £9 per e			
I declare that I	am an ama	teur qualified	to compete unde	er the laws	of <b>UKAt</b>	hletics	}				
			agree that photos to be taken of	<b>U</b> 1			•	displayed or	ı the		
SignedAthlete or Pare	nt/Guardia	n if under 18		Da	ate						
You should receive confirmation by 27 January 2017 . You should check the details and advise of any mistakes immediately.											
Official Use	Date Rec'	'd	Amount Re	c'd £	SAE er	nc	Reply S	ent			