

HERTFORDSHIRE INDOOR CHAMPIONSHIPS (with Middlesex & Kent)

Sat/Sun 18th/19th March 2017 at Lee Valley

Prospectus

Saturday – 18th March	Sunday – 19th March
60mH (all)	60m (all inc disability)
200m (all)	300m(U15 only)/400m (not U15)
800m (all)	1500m (all)
HJ (arena) U17W, U20W, SW	HJ (plateau) U15G
HJ (arena) U20M, SM	HJ (plateau) U15B, U17M
PV (Women)	SP (Women inc disability classes)
LJ (Men inc disability classes)	LJ (Women inc disability classes)
TJ (Women)	TJ (Men)
SP (Men inc disability classes)	PV (Men)
1k Walk	

Age Groups; Age Groups as at Midnight 31/08/17 (same as outdoors 2017)

under 15

under 17

under 20 (over 17 on 31/08/17 but under 20 on 31/12/17)

Seniors

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
- Triple jump boards - SM 11/13; U20M 9/11; SW, U20W, U17M 7/9
- Disability events all ambulant only except shot where seated is included.
- **Club vests must be worn or representative vests as per UKA rule 143 s 1 (4)**