

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

2018 TRACK AND FIELD CHAMPIONSHIPS

Monday 7 May - MAIN CHAMPIONSHIP

1500 metres (all age groups), 3k Walk, Veterans, Relays
Disability (100m,200m, LJ, SP, DT & JT)

Ridlins Track, Stevenage

Saturday 12 May MAIN CHAMPIONSHIP

Sunday 13 May - MAIN CHAMPIONSHIP

All Age-groups

Woodside Stadium, Watford

Woodside Stadium, Watford

Sunday 1 July

PENTATHLON all ages male & female

3000 metres (U15 Girls and Boys, U17/U20/Senior Men and Women)

Jarman Park, Hemel Hempstead

Thursday 5 July (tbc)

10000 metres (U20, Senior and Veteran Men and Women)

Sandy, Beds (tbc)

General conditions for entry

AGE GROUPS

Veteran Men	(VM)	at least 40 on date of competition	
Veteran Women	(VW)	at least 35 on date of competition	
Senior Men	(SM)	at least 20 at midnight on 31.12.2018	
Senior Women	(SW)	at least 20 at midnight on 31.12.2018	
Under 20 Men	(U20M)	at least 17 at midnight 31.8/1.9 but under 20 at midnight on 31.12.2018	
Under 20 Women	(U20W)	at least 17 at midnight 31.8/1.9 but under 20 at midnight on 31.12.2018	
Under 17 Men	(U17M)	at least 15 but under 17 at midnight 31.8/1.9.2018	(school years 10 & 11)
Under 17 Women	(U17W)	at least 15 but under 17 at midnight 31.8/1.9.2018	(school years 10 & 11)
Under 15 Boys	(U15B)	at least 13 but under 15 at midnight 31.8/1.9.2018	(school years 8 & 9)
Under 15 Girls	(U15G)	at least 13 but under 15 at midnight 31.8/1.9.2018	(school years 8 & 9)
Under 13 Boys	(U13B)	at least 11 but under 13 at midnight 31.8/1.9.2018	(school years 6 & 7)
Under 13 Girls	(U13G)	at least 11 but under 13 at midnight 31.8/1.9.2018	(school years 6 & 7)

Athletes may only compete in their own age-group.

Under 17s, Under 15s, and Under 13s are not allowed to compete in more than 3 individual events on one day (except in the case of a Combined Events competition). Under 20s are not allowed to compete in more than 5 individual events on one day.

QUALIFICATION

Any athlete born in Hertfordshire or having resided in the County for nine months prior to date of competition may enter Championship events.

Clubs or Schools may enter relay events only if affiliated directly to the County Association.

ENTRIES

All paper entries shall be made on County entry forms; to be sent to the County Official as set out in the prospectus for each date.

Entries for May 7 (day 1), May 12 (day 2) & May 13 (day 3) main championship) may be made on-line. Details on the county website.

All entries must be accompanied by the correct fee (plus 1st class SAE for timetable if required).

The timetable will also be available on the county website at www.hertscaaa.org.uk.

Separate forms must be used for **each** Championship date

Cheques should be made payable to Herts Association of Athletic & Running Clubs

- NOTE**
1. If there is only one entry for an event, this event may not be held and the entry fee will be refunded.
 2. Medals will be awarded to the first three in each event, regardless of the number of entries to that event.
 3. All events held under UKA rules

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

TRACK AND FIELD CHAMPIONSHIPS

Including

OPEN MEETING

At RIDLINS WOOD, STEVENAGE
MONDAY 7 MAY 2018 - 9.30am start

CHAMPIONSHIP EVENTS

Veterans:	100, 200, 300/400, 800, 3000(VW), 5000(VM), sprint hurdles, 300/400 hurdles, 3000m walk, HJ, PV, LJ, TJ, SP, DT, HT, JT
1500m	Men and women, all age groups
Steeplechase	2000m - Men and 1500m Women
3kWalk	Senior men & women
Disability athletes	100m, 200m, Long Jump, Shot, Discus & Javelin
4 x 400m relays	SM - U20M - U17M - U15B – SW - U20W - U17W - U15G
Relay entries	(by letter from club or on the day)

OPEN EVENTS

100m, 200m, 300m (where permitted), 400m (where permitted), 800m, 3000m (SW), 5000m (SM, U20M), 3k Walk, Sprint hurdles, 300H/400H, Steeplechase, HJ, PV, LJ, SP, DT, JT

No open hammer or triple jump or 1500m

CHAMPIONSHIPS ENTRIES to

Sally Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ (tel 01992 582208)

Or On-line via the link on the county website (payment via BACS)

OPEN ENTRIES TO Sally Gandee as above (no on-line open entries)

FEES **£5 per county championship event** Cheques payable to Herts Association of Athletic & Running Clubs. Correct fee must accompany each entry.

Open events £5 each.

Please send 1st class SAE for acknowledgement and timetable.

The timetable will also be available on the county website at www.hertscaaa.org.uk

CLOSING DATE FOR ENTRIES - 28 APRIL 2018

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

COUNTY PENTATHLON CHAMPIONSHIPS & 3000 Metres CHAMPIONSHIPS

**JARMAN PARK, HEMEL HEMPSTEAD
SUNDAY 1 JULY 2018 starting at 10.30am**

(In conjunction with Dacorum and Tring AC Club Championships and Open event)

Events

Under 13 Girls	PENTATHLON - LJ, 70m hurdles, SP, HJ, 800m
Under 15 Girls	PENTATHLON - LJ, 75m hurdles, SP, HJ, 800m
Under 17 Women	PENTATHLON - 80m Hurdles, SP, HJ, LJ, 800m
Under 20 Women	PENTATHLON - 100m Hurdles, SP, HJ, LJ, 800m
Senior Women	PENTATHLON - 100m Hurdles, SP, HJ, LJ, 800m

Under 13 Boys	PENTATHLON - 75m hurdles, SP, LJ, HJ, 800m
Under 15 Boys	PENTATHLON - 80m hurdles, SP, LJ, HJ, 800m
Under 17 Men	PENTATHLON – LJ, JT, 200m, DT, 1500m
Under 20 Men	PENTATHLON – LJ, JT, 200m, DT, 1500m
Senior Men	PENTATHLON – LJ, JT, 200m, DT, 1500m

3000 metres - Under 15 Girls, U17 Women, U20 Women, Senior Women

3000 metres - Under 15 Boys, U17 Men, U20 Men, Senior Men

Entries to Mrs Diane Ratcliffe, 18 Pixies Hill Crescent, Hemel Hempstead, HP1 2BU
(tel – 01442 257086)

Fees Pentathlon £6.00
3000 metres £5.00
Cheques payable to Herts Association of Athletic & Running Clubs
Correct fee must accompany each entry.
Please send 1st class SAE for acknowledgement and timetable

CLOSING DATE FOR ENTRIES – 25 JUNE 2018

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

TRACK AND FIELD CHAMPIONSHIPS

WOODSIDE STADIUM, WATFORD
DAY 2 SATURDAY 12 MAY 2018 - 9.30am start

EVENTS

Senior Men	100m, 400m, 800m, 110mH PV, TJ, SP, DT, HT, JT
Under 20 Men	100m, 400m, 800m, 110mH PV, TJ, SP, DT, HT, JT
Under 17 Men	100m, 400m, 800m, 100mH PV, TJ, SP, DT, HT, JT
Under 15 Boys	100m, 300m, 800m, 80mH PV, TJ, SP, DT, HT, JT
Under 13 Boys	100m, 800m, 75mH, SP, DT, JT
Senior Women	100m, 400m, 800m, 100mH PV, TJ, SP, HT
Under 20 Women	100m, 400m, 800m, 100mH PV, TJ, SP, HT
Under 17 Women	100m, 400m, 800m, 80mH PV, TJ, SP, HT
Under 15 Girls	100m, 300m, 800m, 75mH PV, TJ, SP, HT
Under 13 Girls	100m, 800m, 70mH, SP

ENTRIES

On-line via the link on the county website (payment via BACS transfer)

OR by post to

Sally Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ

tel 01992 582208

FEES

£5 per event

Cheques payable to Herts Association of Athletic & Running Clubs (postal entries)

Correct fee must accompany each entry.

Please send 1st class SAE for acknowledgement and timetable (postal entries)

The timetable will also be available on the county website at www.hertscaaa.org.uk

CLOSING DATE FOR ENTRIES - 5 May 2018

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

TRACK AND FIELD CHAMPIONSHIPS

WOODSIDE STADIUM, WATFORD
DAY 3 SUNDAY 13 MAY 2018 - 9.30am start

EVENTS

Senior Men	200m, 800m (final), 5000m, 400mH HJ, LJ
Under 20 Men	200m, 800m (final), 5000m, 400mH HJ, LJ
Under 17 Men	200m, 800m (final), 400mH HJ, LJ,
Under 15 Boys	200m, 800m (final) HJ, LJ
U13 Boys	200m, 800m (final), HJ, LJ
Senior Women	200m, 800m (final), 5000m, 400mH HJ, LJ, DT, JT
Under 20 Women	200m, 800m (final), 5000m, 400mH HJ, LJ, DT, JT
Under 17 Women	200m, 800m (final), 300mH HJ, LJ, DT, JT
Under 15 Girls	200m, 800m (final), 75mH, HJ, LJ, DT, JT
Under 13 Girls	200m, 800m (final), HJ, LJ, DT, JT
4x100	All age-groups

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CLOSING DATE FOR ENTRIES - 5 May 2018

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

10000m CHAMPIONSHIPS

**SENIOR MEN, VETERAN MEN, SENIOR WOMEN, VETERAN WOMEN,
UNDER 20 MEN & WOMEN**

Thursday 5 July 2018 at 8.15pm

Enter on the night??

Venue – Sandy, Beds

Fee: £5.00