

## HERTFORDSHIRE INDOOR CHAMPIONSHIPS (with Middlesex & Kent)

Sat/Sun 19th/20th March 2016 at Lee Valley

### Prospectus

Saturday – 14th March	Sunday – 20th March
60mH (all)	60m (all inc disability)
200m (all)	300m(U15 only)/400m (all)
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)
LJ (Men inc disability)	LJ (Women inc disability)
TJ (Women)	TJ (Men)
SP (Men inc disability)	PV (Men)
1k Walk	

### 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

### 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 17