

HERTFORDSHIRE INDOOR CHAMPIONSHIPS
(with Middlesex & Kent)
LEE VALLEY ATHLETICS CENTRE- EDMONTON- N9 OAR
Saturday March 17th/Sunday March 18th 2018

Age Groups; *Age Groups as at Midnight 31/08/18 (same as outdoors 2017)*
 under 15 (yr 8/9), under 17 (yr 10/11)
 under 20 (over 17 on 31/08/18 but under 20 on 31/12/18)
 Seniors

Events;
60m, 60m hurdles, 200m, 400m, 800m, 1500m, 1kWalk
 Dependent on entries, separate races will be held for each County.
High Jump, Pole Vault - Normal rules apply
Long Jump, Triple Jump, Shot - Each competitor has four trials.
 Please see prospectus for which events are on which day.

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 143 s 1 (4)**

- Entries;**
- Use the right hand half of this information sheet (detach & keep this side)
 - Entry Fee £7.00 per event
 - Payment by BACS transfer to Ac No 90621501 sort code 20-91-79
 - OR cheques payable to **Hertfordshire Association of Athletic & Running Clubs**
 - **Under no circumstances should cash be sent through the post**
 - Timetables will be sent via e-mail or will be on the County websites
 - Send entry form and fee to:
Sally Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ
sally@gandee.org.uk
 - **Closing date for receipt of entries - Thursday 1st March 2018**

LATE ENTRIES WILL NOT BE ACCEPTED

HERTFORDSHIRE INDOOR CHAMPIONSHIPS
LEE VALLEY ATHLETICS CENTRE- EDMONTON- N9 OAR
Saturday March 17th/Sunday March 18th 2018
Please fill in using BLOCK CAPITALS

First Name.....Surname.....
 Address.....
Post Code.....
 Tel no.....Email.....
 Date of Birth.....Place of Birth**(see below).....
 Age Group..... Male/Female..... Club.....
 *EA Registration No

Select events entered below;

TRACK EVENTS	Tick event	Pb 2017/18		
60m			100m if no 60m time	
60m hurdles			Age group sprint hurdles pb if no 60m hurdles time	
200m				
400m				
800m				
1500m				
1k Walk				
FIELD EVENTS				
High Jump				
Pole Vault				
Long Jump				
Triple Jump			See prospectus for boards	
Shot Putt				

Number of events entered@£7.00 each Total Entry Fee..... (enclosed)

I hereby declare that I am eligible to compete in the County Championship as indicated above.
 UKA Rule 23 s 1

Signed.....Date.....
 * *If a residential qualification is claimed, the following must be completed;- (UKA rule 21 s 6 (1))
 I have continuously resided at

Post Code..... Since.....

Closing date for receipt of entries Thursday 1st March 2018
LATE ENTRIES WILL NOT BE ACCEPTED