

MIDDLESEX INDOOR CHAMPIONSHIPS 2018
(combined with Herts and Kent)
LEE VALLEY ATHLETICS CENTRE- EDMONTON- N9
0AR
Saturday 17th March / Sunday 18th March

Closing date for receipt of entries is Wednesday 28th February 2018. PLEASE NOTE THAT LATE ENTRIES WILL NOT BE ACCEPTED

Club vests must be worn or representative vests as per UKA rule 17

Registration: Please note that you must register and collect numbers for each event one hour before the scheduled start time and late arrival may result in being unable to compete.

Age Group Information:

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

Under 15, Under 17 and Senior Age Groups as at Midnight 31/08/18 (same as outdoors 2018)

Under 20: (Over 17 on 31/08/18 but Under 20 on 31/12/18)

Event information:

SATURDAY:

60m Hurdles, 200m, 800m (All Age Groups)

High Jump (U17W, U20W, SW, U20M, SM)

Pole Vault (Women & Girls)

Long Jump (Men & Boys)

Triple Jump (Women & Girls)

Shot Put (Men & Boys)

1km walk (All Age Groups)

Disability Long Jump (Men and Boys)

Disability Shot (Men and Boys)

SUNDAY :

60m, 300/400m, 1500m (All Age Groups)

High Jump (U15B, U15G, U17M)

Shot Put (Women & Girls)

Long Jump (Women & Girls)

Triple Jump (Men & Boys)

Pole Vault (Men & Boys)

Disability Long Jump (Women and Girls)

Disability Shot (Women and Girls)

**DISABILITY FIELD EVENTS ARE FOR CLASSIFIED
AMBULANT ATHLETES ONLY - AMBULANT TRACK
ATHLETES MAY COMPETE IN SUITABLE TRACK EVENTS.**

60m and 60m hurdles: These will be the first events – starting with Senior Men. Dependent on entries, separate races will be held for each County

200m, 300m/400m, 800m, 1500m: Dependent on entries, separate races will be held for each County. (NB U15B, U15G, U17W run 300m not 400m)

High Jump, Long Jump and Pole Vault: Normal rules apply

Triple Jump: (Minimum Take Off Boards will be: SM 11m/13m, U20m 9m/11m, SW, U20W, U17M, U17W, U15G, U15B 7m/9m)

Shot: Each competitor has four trials.

1k walk

The Organising Committee reserves the right to alter the above when drawing up the timetable or on the day.

Entries:

- Entry Fee per event is £8 for Seniors and £7.00 for all other age groups.
- Timetables will be sent via e-mail and will also be posted on the County website once entries have closed.

Contact: Major Carr 07961 617502

major_carr@yahoo.co.uk

Terms and conditions text: I hereby declare that I am an Amateur as defined by UKA Rule 1 and eligible to compete in the County Championship as indicated above.