

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

2009 TRACK AND FIELD CHAMPIONSHIPS

Monday May 4 OPEN GRADED MEETING Ridlins Track, Stevenage
incorporating HAARC 1500metres (all age groups), 3k Walk, Veterans and Relay County Championships

Sunday May 10 MAIN CHAMPIONSHIPS DAY Woodside Stadium, Watford

Sunday July 19 PENTATHLON (U13 Girls and Boys) Jarman Park, Hemel Hempstead
3000 metres (U15 Girls and Boys, U17/U20/Senior Men and Women)

Saturday/Sunday September 26/27 TBC

HEPTATHLON (U17,U20, Senior Women) Bedford

OCTATHLON (U17 Men) Bedford

DECATHLON (U20, Senior Men) Bedford

Saturday September 26 TBC

PENTATHLON (U15 Boys) Bedford

Sunday September 27 TBC

PENTATHLON (U15 Girls) Bedford

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

AGE GROUPS

Veteran Men	(VM)	at least 35 on date of competition
Veteran Women	(VW)	at least 35 on date of competition
Senior Men	(SM)	at least 20 at midnight on 31.12.2009
Senior Women	(SW)	at least 20 at midnight on 31.12.2009
Under 20 Men	(U20M)	at least 17 at midnight 31.8/1.9 but under 20 at midnight on 31.12.2009
Under 20 Women	(U20W)	at least 17 at midnight 31.8/1.9 but under 20 at midnight on 31.12.2009
Under 17 Men	(U17M)	at least 15 but under 17 at midnight 31.8/1.9.2009 (school years 10 & 11)
Under 17 Women	(U17W)	at least 15 but under 17 at midnight 31.8/1.9.2009 (school years 10 & 11)
Under 15 Boys	(U15B)	at least 13 but under 15 at midnight 31.8/1.9.2009 (school years 8 & 9)
Under 15 Girls	(U15G)	at least 13 but under 15 at midnight 31.8/1.9.2009 (school years 8 & 9)
Under 13 Boys	(U13B)	at least 11 but under 13 at midnight 31.8/1.9.2009 (school years 6 & 7)
Under 13 Girls	(U13G)	at least 11 but under 13 at midnight 31.8/1.9.2009 (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 entries shall be made on County entry forms. To be sent to the County Official as set out on the prospectus for each date. All entries must be accompanied by the correct fee (plus 1st class SAE for timetable etc.) Separate forms must be used for **each** Championship **date**

England Athletics registration number must be completed on entry form.

Cheques should be made payable to Herts County AAA

- 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

OPEN GRADED MEETING

incorporating HAARC 1500metres (all age groups), 3k Walk, Veterans and Relay Championships

RIDLINS WOOD, STEVENAGE

Bank Holiday Monday May 4 2009 starting at 10am

CHAMPIONSHIP EVENTS

Veterans: 100, 200, 300/400, 800, 3000(v/w), 5000(v/m), sprint hurdles, 300/400 hurdles, 3000m walk, HJ, LJ, TJ, PV, SP, DT, JT, HT.

1500m Men and women, all age groups

3kWalk Senior men & women

4 x 100m relays Men and women, all age groups

4 x 400m relays SM - U20M - U17M - U15B – SW - U20W - U17W - U15G

Entries to Sally Gandee, 4 Westfield Rd, Hertford, Herts, SG14 3DJ
(on County entry forms)

Relay entries (by letter from club or on the day)

Enclose SAE for acknowledgement and timetable

Fees £3.50 for each individual event (cheque payable to Herts County AAA)

Free for relays from affiliated clubs/schools in advance or up to one hour before event

Closing date for entries 25 APRIL 2009

OPEN EVENTS

80m and 600m Boys and Girls under 11 (must be at least 9 years old on the day)

100m Men and Women, all age groups

200m Men and Women, all age groups

300m Under 17 Women

400m Under 17 Men, Senior Men and Women

800m Men and Women, all age groups

70m hurdles Under 13 Girls

75m hurdles Under 15 Girls, Under 13 Boys

80m hurdles Under 15 Boys, Under 17 Women

100m hurdles Under 17 Men, Senior Women

110m hurdles Under 20 & Senior Men

300m hurdles Under 17 Women

400m hurdles Under 17 Men, Senior Men and Women

High Jump)

Pole Vault)

Long Jump)

Shot)Under 17 Men & Women, Senior Men & Women

Discus)

Javelin)

3k Walk Senior men & women

Entries to Fred Ward, 1 Pimlico, Hemel Hempstead Herts HP3 8SH 01923 267589
stating name, address, age-group, event and recent PBs

Enclose 1st class SAE for timetable and travel directions

Fees £3.50 per event in advance or £4.00 on day up to 1 hour before event.

Cheques payable to Herts County AAA

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

TRACK AND FIELD CHAMPIONSHIPS 2009

WOODSIDE STADIUM, WATFORD SUNDAY 10 MAY 2009 - 9.30 start

EVENTS

Senior Men	100m, 200m, 400m, 800m, 5000m, 110mH, 400mH, 3000m s/chase (inc Vets) HJ, PV, LJ, TJ, SP, DT, HT, JT
Under 20 Men	100m, 200m, 400m, 800m, 110mH, 400mH, 2000m s/chase HJ, PV, LJ, TJ, SP, DT, HT, JT
Under 17 Men	100m, 200m, 400m, 800m, 100mH, 400mH, 1500m s/chase HJ, PV, LJ, TJ, SP, DT, HT, JT
Under 15 Boys	100m, 200m, 400m, 800m, 80mH HJ, PV, LJ, TJ, SP, DT, HT, JT
Under 13 Boys	100m, 200m, 800m, 75mH HJ, LJ, SP, DT, JT
Senior Women	100m, 200m, 400m, 800m, 5000m, 100mH, 400mH, 2000m s/chase HJ, PV, LJ, TJ, SP, DT, HT, JT
Under 20 Women	100m, 200m, 400m, 800m, 100mH, 400mH, 2000m s/chase HJ, PV, LJ, TJ, SP, DT, HT, JT
Under 17 Women	100m, 200m, 400m, 800m, 80mH, 300mH HJ, PV, LJ, TJ, SP, DT, HT, JT
Under 15 Girls	100m, 200m, 300m, 800m, 75mH HJ, PV, LJ, TJ, SP, DT, HT, JT
Under 13 Girls	100m, 200m, 800m, 70mH HJ, LJ, SP, DT, JT

ENTRIES to

Men and Boys Mr C Zacharides, 14 Edward Grove, New Barnet, Herts, EN4 8BA
tel: 020 8441 6908

Women and Girls Fred Ward, 1 Pimlico, Hemel Hempstead, Herts, HP3 8SH
tel: 01923 267589

FEES

£3.50 per event Cheques payable to Herts County AAA
Correct fee must accompany each entry.
Please send 1st class SAE for acknowledgement and timetable

**CLOSING DATE FOR ENTRIES
25 APRIL 2009**

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

UNDER 13 BOYS AND GIRLS PENTATHLON CHAMPIONSHIPS 2009 & 3000 Metres CHAMPIONSHIPS

**JARMAN FIELD, HEMEL HEMPSTEAD
SUNDAY 19 JULY 2009 starting at 10.30am**

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

Events

Under 13 Boys - PENTATHLON - 75m hurdles, SP, LJ, HJ, 800m

Under 13 Girls - PENTATHLON - LJ, 70m hurdles, SP, HJ, 800m

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

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

Entries to Fred Ward, 1 Pimlico, Hemel Hempstead, HP3 8SH
Tel: 01923 267589

Fees Pentathlon £4.00
3000 metres £3.50
Cheques payable to Herts County AAA
Correct fee must accompany each entry.
Please send 1st class SAE for acknowledgement and timetable

CLOSING DATE FOR ENTRIES - 13th JULY 2009

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10000m CHAMPIONSHIPS 2009

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

BEDFORD - SUNDAY 27 SEPTEMBER 2009 TBC
incorporating other counties' championships

Entry standard – tba

Entries to Mrs C Baker, Conesford, Post Office Lane, Weston Longville, Norwich, NR9 5JX

Fees: £5.00 Cheques payable to Eastern Athletic Association

Correct fee must accompany each entry.

Please send 1st class SAE for acknowledgement and timetable

.CLOSING DATE FOR ENTRIES – 9th SEPTEMBER 2009

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

SENIOR, UNDER 20, UNDER 17 & UNDER 15 COMBINED EVENTS CHAMPIONSHIPS 2009

BEDFORD

SATURDAY/SUNDAY 26/27 SEPTEMBER 2009 TBC

incorporating EAA and other Counties' Championships

10.30 start each day

Events

Decathlon - Sen & U20 Men	(100m, LJ, SP, HJ, 400m, 110mH, DT, PV, JT, 1500m)
Octathlon - Under 17 Men	(LJ, 100mH, JT, 400m, HJ, SP, DT, 1500m)
Heptathlon - Sen, & U20 Women	(100mH, HJ, SP, 200m, LJ, JT, 800m)
Heptathlon - Under 17 Women	(80mH, HJ, SP, 200m, LJ, JT, 800m)
Pentathlon - Under 15 Girls (Sat 26th September) tbc	(LJ, 75mH, SP, HJ, 800m)
Pentathlon - Under 15 Boys (Sun 27th September) tbc	(80mH, SP, LJ, HJ, 800m)

Entries to Mrs C Baker, Conesford, Post Office Lane, Weston Longville, Norwich, NR9 5JX
On Combined Events entry form - to be issued later

Fees:	Decathlon (U20/SM)	£12.00
	Heptathlon (U17/U20/SW)	£10.00
	Octathlon (U/17M)	£10.00
	Pentathlon (U15G, U15B)	£7.00

Cheques payable to Eastern Athletics Association
Correct fee must accompany each entry
Please send 1st class SAE for acknowledgement and timetable

NB Under 20 Men - junior implements/hurdle specifications will be used.

CLOSING DATE FOR ENTRIES – 9th SEPTEMBER 2009