

HERTFORDSHIRE & MIDDLESEX INDOOR CHAMPIONSHIPS

**LEE VALLEY ATHLETICS CENTRE- EDMONTON- N9 0AR
Sunday March 7 2010**

Age Groups; *Age Groups as at Midnight 31/08/10 (same as outdoors 2010)*
 under 15; under 17;
 under 20;→ (over 17 on 31/08/10 but under 20 on 31/12/10)
 Seniors

Events;

60m and 60m hurdles; (60m hurdles will be the first events- starting with Senior men)
 Dependent on entries, separate races will be held for each county.
200m, 400m, 800m, 1500m; 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.

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 17

Entries;

- Use the right hand half of this information sheet (retain this side)
- Entry Fee £3.50 per event
- Cheques or Postal orders payable to **Hertfordshire County AAA**
- Enclose an A5 stamped self-addressed envelope for map and acknowledgement of entry
- Timetables will be sent via e-mail and will be on both County websites
- Send entry form and fee to;
 Margaret Powell
 18 Whitechurch Gardens
 Letchworth Garden City
 Herts
 SG6 2AU
- **Closing date for receipt of entries; Wednesday February 24th 2010**

LATE ENTRIES WILL NOT BE ACCEPTED

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Sunday March 7 2010
 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.....
Indicate which championships you are entering by ticking the relevant box

HERTFORDSHIRE		MIDDLESEX	
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WEB

Select events entered below;

TRACK EVENTS	Tick event	Pb 2009/10	
60m			100m if no 60m time →
60m hurdles			Age group sprint hurdles pb if no 60mhurdles time →
200m			
400m			
800m			
1500M			
FIELD EVENTS			
High Jump			
Pole Vault			
Long Jump			
Triple Jump			
Shot Putt			

Number of events entered@£3.50 each Total Entry Fee..... (enclosed)

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.

Signed.....Date.....

* *If a residential qualification is claimed, the following must be completed;- (UKA rule 9) I have continuously resided at*

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

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