

**HERTFORDSHIRE & MIDDLESEX INDOOR CHAMPIONSHIPS**

**LEE VALLEY ATHLETICS CENTRE- EDMONTON- N9 0AR  
Sunday March 4th 2012**

**Age Groups;** *Age Groups as at Midnight 31/08/12 (same as outdoors 2012)*  
 under 15; under 17;  
 under 20;→ (over 17 on 31/08/12 but under 20 on 31/12/12)  
 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 (detach & keep this side)
- Entry Fee £4.00 per event
- Cheques or Postal orders payable to Hertfordshire County AAA
- **Under no circumstances should cash be sent through the post**
- 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:

**Sally Gandee  
4 Westfield Road  
Hertford, Herts  
SG14 3DJ**

- **Closing date for receipt of entries; Wednesday February 22nd 2012**

**LATE ENTRIES WILL NOT BE ACCEPTED**

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**Sunday March 4th 2012**  
*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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**Select events entered below;**

TRACK EVENTS	Tick event	Pb 2011/12	
60m			100m if no 60m time →
60m hurdles			Age group sprint hurdles pb if no 60m hurdles time→
200m			
400m			
800m			
1500m			
FIELD EVENTS			
High Jump			
Pole Vault			
Long Jump			
Triple Jump			
Shot Putt			

Number of events entered .....@£4.00 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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