2019 TRACK AND FIELD CHAMPIONSHIPS

### Monday 6 May - MAIN CHAMPIONSHIP Ridlins Track, Stevenage

1500 metres (all age groups), 3k Walk, Veterans, Relays

Disability (100m,200m,LJ,SP,DT & JT)

## Saturday 11 May MAIN CHAMPIONSHIP Woodside Stadium, Watford

## Sunday 12 May MAIN CHAMPIONSHIP Woodside Stadium, Watford

## All Age-groups

**Sunday 29 June**  **Jarman Park, Hemel Hempstead**

PENTATHLON all ages male & female

3000 metres (U15 Girls and Boys, U17/U20/Senior Men and Women)

**Thursday 4 July**

10000 metres (U20, Senior and Veteran Men and Women) **Sandy, Beds**

**General conditions for entry**

**AGE GROUPS**

**Athletes may only compete in their own age-group.**

Veteran Men (VM) at least 40 on date of competition

Veteran Women (VW) at least 35 on date of competition

Senior Men (SM) at least 20 at midnight on 31.12.2019

Senior Women (SW) at least 20 at midnight on 31.12.2019

Under 20 Men (U20M) at least 17 at midnight 31.8/1.9 but under 20 at midnight on 31.12.2019

Under 20 Women (U20W) at least 17 at midnight 31.8/1.9 but under 20 at midnight on 31.12.2019

Under 17 Men (U17M) at least 15 but under 17 at midnight 31.8/1.9.2019 (*school years 10 & 11)*

Under 17 Women (U17W) at least 15 but under 17 at midnight 31.8/1.9.2019 (*school years 10 & 11)*

Under 15 Boys (U15B) at least 13 but under 15 at midnight 31.8/1.9.2019 (*school years 8 & 9)*

Under 15 Girls (U15G) at least 13 but under 15 at midnight 31.8/1.9.2019 (*school years 8 & 9)*

Under 13 Boys (U13B) at least 11 but under 13 at midnight 31.8/1.9.2019 (*school years 6 & 7)*

Under 13 Girls (U13G) at least 11 but under 13 at midnight 31.8/1.9.2019 (*school years 6 & 7)*

*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 paper entries shall be made on County entry forms; to be sent to the County Official as set out in the prospectus for each date.

**Entries for May 6 (day 1), May 11 (day 2) & May 12 (day 3) main championship may be made on-line. Details on the county website.**

All entries must be accompanied by the correct fee (plus 1st class SAE for timetable if required). The timetable will also be available on the county website at [www.hertscaaa.org.uk](http://www.hertscaaa.org.uk).

Separate forms must be used for **each** Championship **date**

Cheques should be made payable to Herts Association of Athletic & Running Clubs

**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

**TRACK AND FIELD CHAMPIONSHIPS**

**Including**

### OPEN MEETING

**At RIDLINS WOOD, STEVENAGE**

**MONDAY 6 MAY 2019 - 9.30am start**

**CHAMPIONSHIP EVENTS**

**Veterans: 100, 200, 300/400, 800, 3000(VW), 5000(VM), sprint hurdles,**

**300/400 hurdles, 3000m walk, HJ, PV, LJ, TJ, SP, DT, HT, JT**

**1500m Men and women, all age groups**

**Steeplechase 2000m - Men and 1500m Women**

**3kWalk Senior men & women**

**Disability athletes 100m, 200m, Long Jump, Shot, Discus & Javelin**

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

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

**OPEN EVENTS**

**100m, 200m, 300m (where permitted), 400m (where permitted), 800m, 3000m (SW),**

**5000m (SM, U20M), 3k Walk, Sprint hurdles, 300H/400H, Steeplechase, HJ, PV, LJ, SP, DT, JT**

**No open hammer or triple jump or 1500m**

**CHAMPIONSHIPS ENTRIES**

**On-line via the link on the county website (payment via BACS)**

Or by post to Sally Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ (01992 582208)

**OPEN ENTRIES to Sally Gandee as above stating OPEN ENTRY**

**Open track entries on the day up to one hour before the event (cash only)**

**Open field entries – pre-entry only (not on the day)**

**FEES** **£5 per event** Cheques payable to Herts Association of Athletic & Running Clubs.

Correct fee must accompany each entry.

The timetable will be available on the county website at [www.hertscaaa.org.uk](http://www.hertscaaa.org.uk)

**CLOSING DATE FOR ALL ENTRIES - 27 APRIL 2019**

**TRACK AND FIELD CHAMPIONSHIPS**

**WOODSIDE STADIUM, WATFORD**

**DAY 2 SATURDAY 11 MAY 2019 - 9.30am start**

**EVENTS**

###### Senior Men 100m, 400m, 800m, 110mH

PV, TJ, SP, DT, HT, JT

Under 20 Men 100m, 400m, 800m, 110mH

PV, TJ, SP, DT, HT, JT

Under 17 Men 100m, 400m, 800m, 100mH

PV, TJ, SP, DT, HT, JT

Under 15 Boys 100m, 300m, 800m, 80mH

PV, TJ, SP, DT, HT, JT

Under 13 Boys 100m, 800m, 75mH, SP, DT, JT

Senior Women 100m, 400m, 800m, 100mH

PV, TJ, SP, HT

Under 20 Women 100m, 400m, 800m, 100mH

PV, TJ, SP, HT

Under 17 Women 100m, 400m, 800m, 80mH

PV, TJ, SP, HT

Under 15 Girls 100m, 300m, 800m, 75mH

###### PV, TJ, SP, HT

# Under 13 Girls 100m, 800m, 70mH, SP

**ENTRIES**

**On-line via the link on the county website (payment via BACS transfer)**

**OR by post to**

Sally Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ tel 01992 582208

**FEES** £5 per event

Cheques payable to Herts Association of Athletic & Running Clubs (postal entries)

Correct fee must accompany each entry.

The timetable will be available on the county website at [www.hertscaaa.org.uk](http://www.hertscaaa.org.uk)

**CLOSING DATE FOR ENTRIES - 4 May 2019**

**TRACK AND FIELD CHAMPIONSHIPS**

**WOODSIDE STADIUM, WATFORD**

**DAY 3 SUNDAY 12 MAY 2019 - 9.30am start**

**EVENTS**

###### Senior Men 200m, 800m (final), 5000m, 400mH

HJ, LJ

Under 20 Men 200m, 800m (final), 5000m, 400mH

HJ, LJ

Under 17 Men 200m, 800m (final), 400mH

HJ, LJ,

Under 15 Boys 200m, 800m (final)

HJ, LJ

U13 Boys 200m, 800m (final), HJ, LJ

Senior Women 200m, 800m (final), 5000m, 400mH

HJ, LJ, DT, JT

Under 20 Women 200m, 800m (final), 5000m, 400mH

HJ, LJ, DT, JT

Under 17 Women 200m, 800m (final), 300mH

HJ, LJ, DT, JT

Under 15 Girls 200m, 800m (final), HJ, LJ, DT, JT

# Under 13 Girls 200m, 800m (final), HJ, LJ, DT, JT

4x100 All age-groups

**ENTRIES**

**On-line via the link on the county website (payment via BACS transfer)**

**OR by post to**

Sally Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ tel 01992 582208

**FEES** £5 per event

Cheques payable to Herts Association of Athletic & Running Clubs (postal entries)

Correct fee must accompany each entry.

The timetable will be available on the county website at [www.hertscaaa.org.uk](http://www.hertscaaa.org.uk)

**CLOSING DATE FOR ENTRIES - 4 May 2019**

**COUNTY PENTATHLON CHAMPIONSHIPS**

**& 3000 Metres CHAMPIONSHIPS**

**JARMAN PARK, HEMEL HEMPSTEAD**

**SUNDAY 29 JUNE 2019 starting at 10.30am**

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

**Events**

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

Under 15 Girls PENTATHLON - LJ, 75m hurdles, SP, HJ, 800m

Under 17 Women PENTATHLON - 80m Hurdles, SP, HJ, LJ, 800m

Under 20 Women PENTATHLON - 100m Hurdles, SP, HJ, LJ, 800m

Senior Women PENTATHLON - 100m Hurdles, SP, HJ, LJ, 800m

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

Under 15 Boys PENTATHLON - 80m hurdles, SP, LJ, HJ, 800m

Under 17 Men PENTATHLON – LJ, JT, 200m, DT, 1500m

Under 20 Men PENTATHLON – LJ, JT, 200m, DT, 1500m

Senior Men PENTATHLON – LJ, JT, 200m, DT, 1500m

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

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

**Entries to** **On-line via the link on the county website (payment via BACS transfer)**

Or by post to Mrs Sally Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ

**Fees** Pentathlon £6.00

3000 metres £5.00

Cheques payable to Herts Association of Athletic & Running Clubs

Correct fee must accompany each entry.

The timetable will be on the county website

**CLOSING DATE FOR ENTRIES – 23 JUNE 2019**

**10000m CHAMPIONSHIPS**

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

**Thursday 4 July 2019 at 8.15pm**

**Enter on the night??**

**Venue – Sandy, Beds**

**Fee:** £5.00