



## **MIDDLESEX COUNTY A.A. CENTENARY TRACK & FIELD CHAMPIONSHIPS**

**Age Groups: Seniors, U20, U17, U15 and U13**

**Lee Valley Athletic Centre – Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> May 2022**

**Closing date for receipt of entries is Midnight on Saturday 30<sup>th</sup> April 2022.**

**PLEASE NOTE THAT LATE ENTRIES WILL NOT BE ACCEPTED.**

**Ambulant disabled athletes are welcome to compete in all suitable events.**

**Club/Representative vests must be worn- UKA RULE T5 (143) S1 (4)**

**Athletes in all Age Groups must be registered with their National Association as per UKA rule 20.**

**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 Groups Information:**

**Seniors, U17, U15, U13** as at Midnight 31/08/22

**Under 20** as at Midnight 31/12/22

**U13 and U15** athletes may only compete in up to three events on any one day

**U13s** may only compete in a single 800m or 1500m race on one day and races may be held as time trials.

**U15s** may only compete in either the 800m or 1500m on one day but can take part in heats and a final.

**U17s** may only compete in up to three events on one day

**U20s** may only compete in up to five events on one day

### **Events:-**

**U13 Girls & Boys** – 100, 200, 800 or 1500, High Jump, Long Jump, Shot Put, Discus, Javelin

**U13 Girls** – 70mHurdles

**U13 Boys** – 75mHurdles

**U15 Girls & Boys** – 100, 200, 300, 800 or 1500, High Jump, Long Jump, Shot Put, Discus, Javelin, Hammer, Pole Vault, Triple Jump

**U15 Girls** – 75mHurdles

**U15 Boys** – 80mHurdles

**U17 Women** - 80mH, 100, 200, 300mH, 300, 800, 1500, 3000, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw

**U17 Men** - 100mH, 100, 200, 400mH, 400, 800, 1500, 3000, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw

**U20M, U20W, SM, SW** - 100, 200, 400mH, 400, 800, 1500, 5000, 3000Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw

U20W & SW:- 100mH

U20M & SM:- 110mH

**Entry Fees (per event) - £8.00 (U13, U15, U17, U20), £10.00 (Seniors)**

**Timetables will be sent via e-mail and will also be posted on the County website once entries have closed.**

**As a general guide Seniors, U20s and U17s will compete on Saturday and U13s and U15s on Sunday.**

**Contact and All Queries: Simon Baker 07951 887385 [simonbaker76@gmail.com](mailto:simonbaker76@gmail.com)**

### **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 by birth or 9 months continual residence.**

**PLEASE NOTE THAT ATHLETES MAY COMPETE IN THE CHAMPIONSHIPS OF ONLY ONE COUNTY IN THE COMPETITIVE YEAR (OCTOBER 2021 TO SEPTEMBER 2022).**