



Middlesex County AA Track and Field Championships 2023

Saturday 13th and Sunday 14th May 2023
Lee Valley Athletics Centre, Edmonton N9 0AR

EVENT INFORMATION:

TIMETABLE:-

The following events for both men and women and all age groups will take place on either Saturday or Sunday:-

SATURDAY:

Track:-

Sprint Hurdles, 100m, 300m (U15 & U17W), 400m (U17M, U20 & Seniors), 1500m (All Age Groups)

Field:-

High Jump (All Age Groups)
Triple Jump (U15, U17, U20 and Seniors)
Shot Put (All Age Groups)
Discus (U15, U17, U20 and Seniors)

SUNDAY:

Track:-

300m Hurdles (U15 & U17W), 400m Hurdles (U17M, U20 & Seniors), 200m, 800m, 3000m (U15 & U17), 5000m (U20 & Seniors)

Field:-

Pole Vault (U15, U17, U20 and Seniors)
Long Jump (All Age Groups)
Hammer (U15, U17, U20 and Seniors)
Javelin (All Age Groups)

- All events will be in accordance with UKA Rules
- Ambulant disabled athletes are welcome to compete in all suitable events.
- High Jump, Long Jump and Pole Vault: Normal rules apply
- Triple Jump: (Minimum Take Off Boards will be: SM 11m/13m, U20M 9m/11m, SW, U20W, U17M, U17W, U15G, U15B 7m/9m)
- Shot, Javelin, Hammer, Discus, Long Jump & Triple Jump: Each competitor has three trials with the top eight having an additional 3 trials.
- Sprint Hurdles: 70mH (U13G), 75mH (U13B/U15G), 80mH (U15B/U17W), 100mH (U17M/U20W/SW), 110mH (U20M/SM)
- As U13s may only compete in one 800m or 1500m in a day these events may be run as time trials.

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.
- The Organising Committee reserves the right to alter the above when drawing up the timetable or on the day.

ENTRIES:

- Entry Fee per event is **£10** for Seniors and **£8** for all other age groups.
- Closing date for entries is **Midnight Sunday 30th April 2023**
- Timetables will be sent via e-mail and posted on the County website once entries have closed but PLEASE NOTE THAT THE TIMETABLE FORMAT IS DIFFERENT TO PREVIOUS YEARS
- Entry will be via www.opentrack.run
- Athletes are eligible to compete in these Championships by birth or 9 months continuous residence or have competed for the County.
- Please note:- England Athletics rules stipulate ATHLETES MAY COMPETE IN THE CHAMPIONSHIPS OF ONLY ONE COUNTY IN THE COMPETITIVE YEAR (OCTOBER 2022 TO SEPTEMBER 2023).
- Club/Representative vests must be worn- UKA RULE T5 (143) S1 (4)
- Athletes in all Age Groups must have an up to date registration with their National Association as per UKA rule 20.

PLEASE NOTE THAT LATE ENTRIES WILL NOT BE ACCEPTED

AGE GROUP INFORMATION:

- U13s, U15s & U17s may only compete in up to three events on any day
- U20s may only compete in up to five events on any day
- Under 15, Under 17 and Senior Age Groups are as at Midnight 31/08/23
- Under 20 Age Group are Over 17 on 31/08/23 but Under 20 on 31/12/23

Any Queries please Contact: Simon Baker 07951 887385 simonbaker76@gmail.com

TERMS AND CONDITIONS:

All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK

By entering this event you hereby declare that you are an Amateur as defined by UKA Rule 1 and eligible to compete in the County Championship by birth or 9 months continuous residence or having previously competed for the county.