



Middlesex Indoor Athletics Championships 2024

(Combined with Herts and Kent)

Saturday 16th and Sunday 17th March 2024

Lee Valley Athletics Centre, Edmonton N9 0AR

EVENT INFORMATION:

SATURDAY:

60m Hurdles, 200m, 800m (All Age Groups)
2km walk (All Age Groups)
High Jump (U17W, U20W, SW, U20M, SM)
Pole Vault (Women & Girls)
Long Jump (Men & Boys)
Triple Jump (Women & Girls)
Shot Put (Men & Boys)
Disability Long Jump (Men and Boys)
Disability Shot (Men and Boys)

SUNDAY:

60m, 300m/400m, 1500m (All Age Groups)
High Jump (U15B, U15G, U17M)
Pole Vault (Men & Boys)
Long Jump (Women & Girls)
Triple Jump (Men & Boys)
Shot Put (Women & Girls)
Disability Long Jump (Women and Girls)
Disability Shot (Women and Girls)

Disability Field Events are for classified Ambulant Athletes Only.
Ambulant Track Athletes may compete in suitable Track Events.

- 60m and 60m hurdles: These will be the first events of the day.
- 200m, 300m/400m, 800m, 1500m: (NB U15B, U15G, U17W run 300m not 400m).
- Dependent on the number of entries, separate track races will be held for each County
- 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, Long Jump & Triple Jump: Each competitor has four trials.

LEE VALLEY TRACK ALLOWS ONLY 6mm "CHRISTMAS TREE" or "RT" (FLAT TIP) SPIKES. THESE SHOULD BE AVAILABLE FOR SALE ON THE DAY BUT YOU MAY WISH TO BRING YOUR OWN.

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. Please remember to keep your number from day 1 if you are also competing on day 2.

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 **£12** for Seniors and **£10** for all other age groups.
- Timetables will be sent via e-mail and posted on the County website once entries have closed.

Closing date for entries is Friday 1st March 2024. PLEASE NOTE THAT LATE ENTRIES WILL NOT BE ACCEPTED

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

AGE GROUP INFORMATION:

U13s are not allowed to enter

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 31/08/24 (same as outdoors 2024)

Under 20 Age Group are Over 17 on 31/08/24 but Under 20 on 31/12/24

Contact: Simon Baker 07951 887385 simonbaker76@gmail.com

Terms and conditions:

I hereby declare that I am eligible to compete in the County Championship as indicated above

All entrants shall be deemed to have made 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.