

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)

All events will be in accordance with UKA Rules

**Entry Fee per event is £12 for Seniors and £10 for all other
age groups.**

www.opentrack.run

Entries close Midnight Saturday 2nd March