



## Middlesex Indoor Athletics Championships 2025

(Combined with Herts and Kent)

Saturday 15<sup>th</sup> and Sunday 16<sup>th</sup> March 2025

Lee Valley Athletics Centre, Edmonton N9 0AR

### EVENT INFORMATION:

#### **SATURDAY:**

60m Hurdles, 200m, 800m (All Age Groups)  
2km Walk, 3km 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).
- Walks - can enter either the 2km Walk or the 3km Walk as the two races will start together
- 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.

The detailed timetable will be completed after entries close and we know how many competitors are entered for each event. Please note that the allocation of events on Saturday or Sunday is provisional but we do not expect to have to make any changes, it has remained the same for the past few seasons. However if any changes are necessary we will refund entry fees when requested.

- **LEE VALLEY TRACK ALLOWS ONLY "CHRISTMAS TREE" or "RT" (FLAT TIP) SPIKES. THESE SHOULD BE AVAILABLE FOR SALE ON THE DAY BUT PLEASE BRING YOUR OWN IF YOU HAVE THEM.** At Lee Valley Athletics Centre the following spikes are accepted for use on the indoor track:  
Omnilite Ceramic Pyramid or Christmas Tree 5mm or 7mm, Steel Christmas Tree 6mm, Steel RT Compression 6mm

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

**Closing date for entries is Friday 28<sup>th</sup> February 2025. PLEASE NOTE THAT LATE ENTRIES WILL NOT BE ACCEPTED. CURRENT ATHLETE COMPETITOR LICENCE NUMBER (URN) REQUIRED (entries from local schools – please email contact detailed below)**

**THIS IS A CHAMPIONSHIP EVENT NOT AN OPEN MEETING, ONLY ENTER IF YOU ARE MIDDLESEX ELIGIBLE; resident in the Middlesex County area, born in the Middlesex County area or continually competed in Middlesex County events or for Middlesex County. Classified ambulant athletes who are not Middlesex eligible are welcome to enter the disability field events as guests.**

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

**We have moved to the Roster Athletics event management system.**

**THE EVENT IS HELD WITH TWO OTHER COUNTY CHAMPIONSHIPS; KENT AND HERTS WHO HAVE SEPARATE ONLINE ENTRIES.**

**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 31/08/25 (same as outdoor 2025 summer season)

Under 20 Age Group are Over 17 on 31/08/25 but Under 20 on 31/12/25

**Contact:** John Husbands tel: 07951 927724 email: [husbandsj08@gmail.com](mailto:husbandsj08@gmail.com)

The online entry includes the following statement to agree to;

*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.*