

Middlesex Track and Field Championships

Lee Valley Athletics Centre – Sat 10th May – Sun 11th May 2025

Saturday 10th May 2025- EVENTS

SENIOR & U20 100m, 400m, 1500m, Sprint Hurdles, HJ, TJ, SP, DT

U17 100m, 300m/400m, 1500m, Sprint Hurdles, HJ, TJ, SP, DT

U15 100m, 300m, 1500m, Sprint Hurdles, HJ, TJ, SP, DT

U13 100m, 1500m, Sprint Hurdles, HJ, SP, DT

Sunday 11th May 2025- EVENTS

SENIOR & U20 200m, 800m, 5000m, 400m Hurdles, LJ, PV, HT, JT

U17 200m, 800m, 3000m, 300m/400m Hurdles, LJ, PV, HT, JT

U15 200m, 800m, 3000m, LJ, PV, HT, JT

U13 200m, 800m, LJ, JT

Age Groups - Seniors, U17, U15, U13 age as at Midnight 31/08/25. Under 20 must be over 17 on 31/08/2025 and under 20 as at Midnight 31/12/25.

Detailed Timetables will be sent via email and will also be posted on Opentrack and on the County website shortly after entries have closed.

Athletes must have an England Athletics registration number (URN) and must be either born or have 9 months continuous residence in the County of Middlesex (entries from local schools – please email contact detailed below). Athletes may compete in the Championships of only one County in the Competitive Year (October 2024 to September 2025).

(Broadly, Middlesex is the area north of the River Thames, west of the River Lea, east of the River Colne and south of Hertfordshire)

Seniors **£12 per Event**, Other Age Groups **£10 per Event**

Closing date for entries is Midnight on **Sunday 27 April 2025**

Enter on Opentrack at : <https://data.opentrack.run/en-gb/x/2025/GBR/middxtfo/>

LATE ENTRIES WILL NOT BE ACCEPTED

PLEASE NOTE THAT ENTRY FEES ARE NON-REFUNDABLE AFTER 30 April 2025

PB / SB – please include Personal Best or Season’s Best performance where asked to on the entry form, if first time competing in that event please write None.

This is a Level 1 Licensed Meeting

Middlesex County contact: John Husbands email: husbandsj08@gmail.com tel: 07951 927724

NOTES

- All events will be in accordance with UKA Rules
- Registration - 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.
- Only EA Affiliated Club, School or Representative vests may be worn.

- Anti-Doping - 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.
- 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)
- U20 are restricted to no more than 5 events in a day.
- U17s are restricted to 3 events on any one day
- U15s may only compete in 3 events on any one day. They may compete in only one race between 800m and 3000m in a day. 800m and 1500m events may therefore be run as time trials if the number of entries is too large for one race.
- U13s may only compete in 3 events on any one day. They may compete in only one 800m or 1500m in a day and these events may therefore be run as time trials if the number of entries is too large for one race.