



Hertfordshire, Kent and Middlesex Indoor Championships

Lee Valley Athletics Centre – Sat/Sun 15th/16th March 2025

Notes for Competing Athletes – Please read carefully – It concerns you!

Athletes should report to Athlete Registration at least one hour before their event. (75 minutes for Pole Vault)

Numbers should be worn front and back as issued, except for the High Jump, Long Jump, Triple Jump and Pole Vault. Please bring your own pins.

Club or representative vests must be worn, or clothing acceptable, under UKA rule T5 S1.

Athletes who have entered more than one track event must ensure that they confirm their intention to compete in each event to Athlete Registration at least one hour before each of their events. This is most important for seeding purposes.

If you are competing on both days you must keep your number and report again on Sunday.

If you need to withdraw after qualifying for a 2nd round or final, you must inform the referee for that event and you then will NOT be able to compete again during these championships as per UKA rule 4.4.2.

All athletes must report to the call room area at the northern (cinema) end of the track as indicated on the displayed call room schedules. Field event athletes will be escorted to their event by an Event Official.

All athletes in the Long Jump, Triple Jump and Shot may have 4 attempts.

Take off boards : SM 11/13, U20M 9/11, SW U20W U17M U17W U15W U15B 7/9.

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. The types of spikes accepted for use on the indoor track are: Omnilite Ceramic Pyramid or Christmas Tree 5mm or 7mm, Steel Christmas Tree 6mm, Steel RT Compression 6mm

If insufficient athletes report in Track events, the finals will go at the heat times; similarly, if no semi-finals are required the final will go at semi-final time.

Stadium starting blocks only may be used.

Disability athletes will be issued a block setting card in the Call Room to enable the marksmen to set their blocks, if requested.

There will be no warming up on the circular track. All athletes may warm up on the sprint straight upstairs or on the Outdoor track. No spectators will be permitted on the circular track.

Medals will be presented to athletes as soon as possible after each event. Potential medallists should report to the presentation area immediately after their event. This area will be situated next to the Announcers table. Track medal presentations will only take place after the Track Referee and Photofinish have agreed and published the results. Field event medallist will be escorted to presentation from their event.

Ample car parking is available free of charge at the stadium.

There is NO public catering available, except for drinks/snacks machines. There may be some catering available at the nearby Cinema Complex.

Travel

Information on how to reach the Lee Valley Athletics Centre can be obtained from the Lee Valley Regional Park's website – www.leevalleypark.org.uk 0208 344 7230

Start lists / heats will be added to Roster next week, I searched powerof10 and added missing PBs to a spreadsheet to seed the heats. Results will appear on Roster as soon as possible after each event or race <https://meets.rosterathletics.com/public/competitions/details/events?id=26132>

Middlesex AA Championships contact:-

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

Please note that we are now unable to issue refunds for entry fees at this stage, a week after entries closed.

Terms and conditions:

As a competitor you declare that you are eligible to compete in the County Championship as indicated in the online entry; 9 months continuous residence in the Middlesex County area or born in the Middlesex County area or continually competed in Middlesex County events or for Middlesex County.

All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti[1]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.

TIMETABLE

Saturday Timetable – Track

10:00	T1	U15G 60 Metres Hurdles - Herts - Final	6
10:03	T2	U15G 60 Metres Hurdles - Kent - Heats	11 (2H)
10:09	T3	U15G 60 Metres Hurdles - Middx - Heats	8 (2H)
10:17	T4	U17W 60 Metres Hurdles - Herts - Final	5
10:20	T5	U17W 60 Metres Hurdles - Kent - Heats	9 (2H)
10:26	T6	U17W 60 Metres Hurdles - Middx - Final	3
10:31	T7	U15B 60 Metres Hurdles - Herts/Middx- Final	4/3
10:34	T8	U15B 60 Metres Hurdles - Kent - Final	5
10:37	T9	SM 60 Metres Hurdles - Herts/Middx/Kent - Final	0/4/3
10:42	T10	U20M 60 Metres Hurdles - Kent - Final	5
10:45	T11	U20M 60 Metres Hurdles - Herts/Middx - Final	1/3
10:50	T12	U17M 60 Metres Hurdles - Kent - Heats	11 (2H)
10:56	T13	U17M 60 Metres Hurdles - Herts - Final	6
10:59	T14	U17M 60 Metres Hurdles - Middx - Final	4
11:05	T15	U20W 60 Metres Hurdles - Kent - Heats	9 (2H)
11:13	T16	SW/U20W 60 Metres Hurdles - Herts/Middx - Final	0/1;1/2
11:18	T17	U15G 60 Metres Hurdles - Kent - Final	
11:21	T18	U15G 60 Metres Hurdles - Middx - Final	
11:24	T19	U17W 60 Metres Hurdles - Kent - Final	
11:29	T20	U17M 60 Metres Hurdles - Kent - Final	
11:35	T21	U20W 60 Metres Hurdles - Kent - Final	
11:45	T22	U15G 200 Metres - Herts - Final	5
11:48	T23	U15G 200 Metres - Middx - Heats	25 (5H)
12:03	T24	U15G 200 Metres - Kent - Heats	24 (4H)
12:15	T25	U17W 200 Metres - Herts - Heats	11 (2H)
12:21	T26	U17W 200 Metres - Middx - Heats	24 (4H)
12:33	T27	U17W 200 Metres - Kent - Heats	23 (4H)
12:45	T28	U20W 200 Metres - Middx - Heats	13 (3H)

12:54	T29	U20W 200 Metres - Kent - Heats	7 (2H)
13:00	T30	SW 200 Metres - Middx - Heats	8 (2H)
13:06	T31	SW 200 Metres - Herts/Kent - Final	1/4
13:09	T32	U15B 200 Metres - Herts - Final	5
13:12	T33	U15B 200 Metres - Kent - Heats	14 (3H)
13:21	T34	U15B 200 Metres - Middx - Heats	12 (2H)
13:27	T35	U17M 200 Metres - Herts - Final	4
13:30	T36	U17M 200 Metres - Kent - Heats	16 (3H)
13:39	T37	U17M 200 Metres - Middx - Heats	24 (4H)
13:51	T38	SM/U20M 200 Metres - Herts- Final	2/2
13:54	T39	U20M 200 Metres - Kent - Heats	10 (2H)
14:00	T40	U20M 200 Metres - Middx - Heats	11 (2H)
14:06	T41	SM 200 Metres - Kent - Heats	10 (2H)
14:12	T42	SM 200 Metres - Middx - Heats	13 (3H)
14:21	T43	U15G 200 Metres - Kent - Semi Finals	2sf
14:27	T44	U15G 200 Metres - Middx - Semi Finals	2sf
14:33	T45	U17W 200 Metres - Herts - Final	
14:36	T46	U17W 200 Metres - Kent - Semi Finals	2sf
14:42	T47	U17W 200 Metres - Middx - Semi Finals	2sf
14:48	T48	U20W 200 Metres - Middx - Final	
14:51	T49	U20W 200 Metres - Kent - Final	
14:54	T50	SW 200 Metres - Middx - Final	
14:57	T51	U15B 200 Metres - Kent - Final	
15:00	T52	U15B 200 Metres - Middx - Final	
15:03	T53	U17M 200 Metres - Middx - Semi Finals	2sf
15:09	T54	U17M 200 Metres - Kent - Final	
15:12	T55	U20M 200 Metres - Kent - Final	
15:15	T56	U20M 200 Metres - Middx - Final	
15:18	T57	SM 200 Metres - Kent - Final	
15:21	T58	SM 200 Metres - Middx - Final	

15:24	T59	U17M 800 Metres - Kent - Heats	13 (2H)
15:30	T60	2K/3k Walk - All	7/7
15:55	T61	U17W/U15G 800 Metres - Herts - Final	3/3
15:58	T62	U15G 800 Metres - Kent - Heats (FINAL ON SUNDAY)	11 (2H)
16:04	T63	U15G 800 Metres - Middx - Final	8
16:07	T64	U17W 800 Metres - Kent - Final	7
16:10	T65	U20W/U17W 800 Metres - Middx - Final	1/3
16:13	T66	U17M/U15B 800 Metres - Herts - Final	2/4
16:16	T67	U15B 800 Metres - Kent - Heats (FINAL ON SUNDAY)	14 (2H)
16:22	T68	U15B 800 Metres - Middx - Final	7
16:25	T69	U17M 800 Metres - Middx - Final	7
16:28	T70	SM/U20M 800 Metres - Herts/Kent - Final	1/1 (H) -/1 (K)
16:31	T71	U20M 800 Metres - Middx - Final	7
16:34	T72	SM 800 Metres - Kent - Final	5
16:37	T73	SM 800 Metres - Middx - Final	6
16:41	T74	SW 800 Metres - Herts/Middx - Final	1/3
	T74	U20W 800 Metres - Kent (with T74 above)	3
16:45	T75	SW 800 Metres - Kent - Final	7
16:50	T76	U17M 200 Metres - Middx - Final	
16:53	T77	U15G 200 Metres - Middx - Final	
16:56	T78	U15G 200 Metres - Kent - Final	
16:59	T79	U17W 200 Metres - Middx - Final	
17:02	T80	U17W 200 Metres - Kent - Final	
17:05	T81	U17M 800 Metres - Kent - Final	

Saturday Timetable - Field

10:00	F1	U20M/SM Shot - All	10/4
10:00	F2	U17M Long Jump - Herts/Middx - North pit	13
10:20	F3	U17W/U15G Pole Vault - All	6
11:10	F4	U17M Long Jump - Kent - North pit	11
11:30	F5	U15B Shot - All	14
12:30	F6	SW/U20W Pole Vault - All	10
12:40	F7	U15B Long Jump - Kent - North pit	12
12:40	F8	U15B Long Jump - Herts/Middx - South pit	17
13:00	F9	SM/U20M High Jump - All - Bed 1	9
13:00	F10	U17W High Jump - Bed 2	14
14:00	F11	U17M Shot - All	7
14:10	F12	U20M Long Jump - All - South pit	9
14:40	F13	SW/U20W Triple Jump - All - North pit	13
15:20	F14	SM Long Jump - All - South pit	13
15:30	F15	SW/U20W High Jump - Bed 1	10
15:30	F16	U15G High Jump - Bed 2	15
16:10	F17	U17W/U15G Triple Jump - All - North pit	19

Sunday Timetable - Track

10:00	T83	U15G 60 Metres - Herts - Heats	13 (2H)
10:06	T84	U15G 60 Metres - Kent - Heats	21 (3H)
10:15	T85	U15G 60 Metres - Middx - Heats	29 (4H)
10:27	T86	U17W 60 Metres - Herts - Heats	12 (2H)
10:33	T87	U17W 60 Metres - Kent - Heats	19 (3H)
10:42	T88	U17W 60 Metres - Middx - Heats	25 (4H)
10:54	T89	SW/U20W 60 Metres - Herts - Final	3/1
10:57	T90	U20W 60 Metres - Kent - Heats	15 (2H)
11:03	T91	U20W 60 Metres - Middx - Heats	12 (2H)

11:09	T92	SW 60 Metres - Kent - Final	5
11:12	T93	SW 60 Metres - Middx - Heats	10 (2H)
11:15	T94	U15B 60 Metres - Herts - Final	6
11:18	T95	U15B 60 Metres - Kent - Heats	18 (3H)
11:27	T96	U15B 60 Metres - Middx - Heats	19 (3H)
11:36	T97	U17M 60 Metres - Herts - Heats	9 (2H)
11:42	T98	U17M 60 Metres - Kent - Heats	20 (3H)
11:51	T99	U17M 60 Metres - Middx - Heats	29 (4H)
12:03	T100	SM/U20M 60 Metres - Herts- Final	1/4
12:06	T101	U20M 60 Metres - Kent - Heats	17 (3H)
12:15	T102	U20M 60 Metres - Middx - Heats	18 (3H)
12:24	T103	SM 60 Metres - Kent - Heats	17 (3H)
12:33	T104	SM 60 Metres - Middx - Heats	40 (5H)
12:48	T105	U15G 60 Metres - Middx - Semi-finals	2sf
12:54	T106	U17W 60 Metres - Middx - Semi-finals	2sf
13:00	T107	U17W 60 Metres - Herts - Final	
13:03	T108	U17W 60 Metres - Kent - Final	
13:06	T109	U17M 60 Metres - Middx - Semi-finals	2sf
13:12	T110	U15G 60 Metres - Herts - Final	
13:15	T111	U15G 60 Metres - Kent - Final	
13:18	T112	U20W 60 Metres - Kent - Final	
13:21	T113	U20W 60 Metres - Middx - Final	
13:24	T114	U15B 60 Metres - Kent - Final	
13:27	T115	U15G 60 Metres - Middx - Final	
13:30	T116	SM 60 Metres - Middx - Semi Finals	3sf
13:39	T117	U15B 60 Metres - Middx - Final	
13:42	T118	U17M 60 Metres - Herts- Final	
13:45	T119	U17M 60 Metres - Kent - Final	
13:48	T120	U17M 60 Metres - Middx - Final	
13:51	T121	U20M 60 Metres - Kent - Final	

13:54	T122	U20M 60 Metres - Middx - Final	
13:57	T123	SM 60 Metres - Kent - Final	
14:00	T124	U17W 60 Metres - Middx - Final	
14:03	T125	SW 60 Metres - Middx - Final	
14:06	T126	SM 60 Metres - Middx - Final	
14:09	T127	U15G/U15B 300 Metres - Herts - Final	2/1
14:12	T128	U15G 300 Metres - Kent - Final	7
14:15	T129	U15G 300 Metres - Middx - Final	7
14:18	T130	U15B 300 Metres - Kent - Final	4
14:21	T131	U15B 300 Metres - Middx - Final	5
14:24	T132	U17W 300 Metres - Kent - Final	7
14:27	T133	U17W 300 Metres - Middx - Heats	9 (2H)
14:33	T134	U15G 800m - Kent - Final (From Saturday)	
14:37	T135	U15B 800m - Kent - Final (From Saturday)	
14:41	T136	U17W 400 Metres - Herts - Final	6
14:44	T137	U17M 400 Metres - Herts - Final	3
14:47	T138	U17M 400 Metres - Kent - Heats	16 (3H)
14:56	T139	U17M 400 Metres - Middx - Final	5
14:59	T140	SM 400 Metres - Kent - Heats	7 (2H)
15:05	T141	SM 400 Metres - Middx - Heats	10 (2H)
15:11	T142	U20M 400 Metres - Herts - Final	4
15:14	T143	SW 400 Metres - Kent - Heats	8 (2H)
15:20	T144	U20W 400 Metres - Middx - Heats	7 (2H)
15:26	T145	U20W 400 Metres - Kent - Heats	8 (2H)
15:32	T146	SW/U20W 400 Metres - Herts/Middx - Final	2 SW (M);2 U20W (H)
15:35	T147	U20M 400 Metres - Kent - Heats	7 (2H)
15:38	T148	U20M 400 Metres - Middx - Final	6
15:41	T149	U15G/U17W 1500 Metres - Herts/Kent/Middx - Final	2/4/6
15:47	T150	SW/U20W 1500 Metres - Kent/Middx - Final	5/4

15:53	T151	U15B 1500 Metres - Herts/Kent/Middx - Final	1/3/4
15:59	T152	SM 1500 Metres - Kent/Middx - Final	4/9
16:05	T153	U20M/U17M 1500 Metres - Herts/Kent/Middx - Final	1 U20M (H); U17M 3/3
16:11	T154	U17W 300 Metres - Middx - Final	
16:14	T155	U17M 400 Metres - Kent - Final	
16:17	T156	SM 400 Metres - Middx - Final	
16:20	T157	SW 400 Metres - Kent - Final	
16:23	T158	U20M 400 Metres - Kent- Final	
16:26	T159	SM 400 Metres - Kent - Final	
16:29	T160	U20W 400 Metres - Middx - Final	
16:32	T161	U20W 400 Metres - Kent - Final	

Sunday Timetable - Field

10:00	F18	SW Long Jump - All - North pit	13
10:00	F19	U17M/U15B Pole Vault - All	11
10:00	F20	U15G Shot - All	14
11:10	F21	SW Shot - All	10
11:20	F22	U20W Long Jump - All - North pit	13
12:20	F23	U17W Shot - All	17
13:00	F24	U15G Long Jump -All - North pit	22
13:50	F25	U20W Shot - All	6
13:50	F26	SM/U20M Pole Vault - All	18
14:30	F27	U15B High Jump - All - Bed 2	8
14:30	F28	U17W Long Jump - Kent - South pit	11
14:30	F29	U17M High Jump - All - Bed 1	18
14:50	F30	U17M/U15B Triple Jump - All - North pit	16
16:00	F31	SM/U20M Triple Jump - All - South pit	13
16:40	F32	U17W Long Jump - Herts/Middx - North pit	8