

## Middlesex Track and Field Championships

Lee Valley Athletics Centre – Sat 9<sup>th</sup> May – Sun 10<sup>th</sup> May 2026

### Saturday 9th May 2026- EVENTS

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

**U18** 100m, 400m, 1500m, Sprint Hurdles, HJ, TJ, SP, JT

**U16** 100m, 300m, 1500m, Sprint Hurdles, HJ, TJ, SP, JT

**U14** 100m, 1500m, Sprint Hurdles, HJ, SP, JT

### Sunday 10th May 2026- EVENTS

**SENIOR & U20** 200m, 800m, 400m Hurdles, LJ, PV, HT, DT

**U18** 200m, 800m, 3000m, 400m Hurdles, LJ, PV, HT, DT

**U16** 200m, 800m, 3000m, 300m Hurdles, LJ, PV, HT, DT

**U14** 200m, 800m, LJ, PV, HT, DT

Please note that we have changed the days of the Javelin and Discus from previous years and depending on the number of entries we may need to adjust a further field event in order to balance the competition times on Saturday and Sunday. If that is required we will advise the relevant competitors as soon as possible and offer a refund if unable to attend on the different day.

### Age Groups – the junior age groups change on 1<sup>st</sup> April 2026

Under 14 - aged 12 or 13 on 31/08/26.

Under 16 - aged 14 or 15 on 31/08/26.

Under 18 - aged 16 or 17 on 31/08/26.

Under 20 - must be 18 or over on 31/08/2026 but under 20 on 31/12/26.

Senior - aged 20 or over as at 31/12/26

The entry system will allocate athletes to the correct age group from their date of birth.

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 2025 to September 2026).

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

All Age Groups **£12 per Event**

Closing date for entries is Midnight on **Sunday 26 April 2026**

Enter on OpenTrack at : <https://data.opentrack.run/en-gb/x/2026/GBR/middxtfo/>

**LATE ENTRIES WILL NOT BE ACCEPTED**

**PLEASE NOTE THAT ENTRY FEES ARE NON-REFUNDABLE AFTER THE ENTIES CLOSING DATE**

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](mailto: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, U18M, U18W, U16G, U16B 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 distances: 75m (U14G), 80m (U14B/U16W), 100m (U16B/U18W/U20W/SW), 110m (U18M/U20M/SM)
- U20s are restricted to no more than 5 events in a day.
- U18s are restricted to 3 events on any one day.
- U16s may only compete in 3 events on any one day.
- U14s 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.