



MIDDLESEX COUNTY A.A. CENTENARY TRACK & FIELD CHAMPIONSHIPS

Age Groups: Seniors, U20, U17, U15 and U13

Lee Valley Athletic Centre – Saturday 14th and Sunday 15th May 2022

Closing date for receipt of entries is Midnight on Saturday 30th April 2022.

PLEASE NOTE THAT LATE ENTRIES WILL NOT BE ACCEPTED.

Ambulant disabled athletes are welcome to compete in all suitable events.

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

Athletes in all Age Groups must be registered with their National Association as per UKA rule 20.

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.

Age Groups Information:

Seniors, U17, U15, U13 as at Midnight 31/08/22

Under 20 as at Midnight 31/12/22

U13 and U15 athletes may only compete in up to three events on any one day

U13s may only compete in a single 800m or 1500m race on one day and races may be held as time trials.

U15s may only compete in either the 800m or 1500m on one day but can take part in heats and a final.

U17s may only compete in up to three events on one day

U20s may only compete in up to five events on one day

Events:-

U13 Girls & Boys – 100, 200, 800 or 1500, High Jump, Long Jump, Shot Put, Discus, Javelin

U13 Girls – 70mHurdles

U13 Boys – 75mHurdles

U15 Girls & Boys – 100, 200, 300, 800 or 1500, High Jump, Long Jump, Shot Put, Discus, Javelin, Hammer, Pole Vault, Triple Jump

U15 Girls – 75mHurdles

U15 Boys – 80mHurdles

U17 Women - 80mH, 100, 200, 300mH, 300, 800, 1500, 3000, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw

U17 Men - 100mH, 100, 200, 400mH, 400, 800, 1500, 3000, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw

U20M, U20W, SM, SW - 100, 200, 400mH, 400, 800, 1500, 5000, 3000Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw

U20W & SW:- 100mH

U20M & SM:- 110mH

Entry Fees (per event) - £8.00 (U13, U15, U17, U20), £10.00 (Seniors)

Timetables will be sent via e-mail and will also be posted on the County website once entries have closed.

As a general guide Seniors, U20s and U17s will compete on Saturday and U13s and U15s on Sunday.

Contact and All Queries: Simon Baker 07951 887385 simonbaker76@gmail.com

Terms and conditions text:

I hereby declare that I am an Amateur as defined by UKA Rule 1 and eligible to compete in the County Championship by birth or 9 months continual residence.

PLEASE NOTE THAT ATHLETES MAY COMPETE IN THE CHAMPIONSHIPS OF ONLY ONE COUNTY IN THE COMPETITIVE YEAR (OCTOBER 2021 TO SEPTEMBER 2022).