

LANCASHIRE ATHLETIC ASSOCIATION
TRACK & FIELD CHAMPIONSHIPS 2010

FOR THE ATTENTION OF ALL ATHLETES, COACHES, CLUBS, OFFICIALS, PARENTS

Closing date **17th April 2010 – NO LATE ENTRIES** will be accepted.

ALL ATHLETES MUST DECLARE THAT THEY INTEND TO COMPETE IN AN EVENT AT LEAST 30 MINUTES BEFORE THE START TIME OF EACH EVENT, EACH DAY. NO LATE DECLARATIONS WILL BE ACCEPTED, AS SEEDING HAS TO BE COMPLETED BEFORE THE START OF EACH RACE.

TRACK ATHLETES WILL NOT BE ALLOWED TO COMPETE BY TURNING UP AT THE START OF A RACE UNLESS THEY HAVE DECLARED BEFORE HAND.

YOUR Registration Number MUST BE on the entry form.

NUMBER TO BE WORN BACK AND FRONT IN ALL EVENTS, EXCLUDING POLE VAULT AND HIGH JUMP.

NUMBERS MUST NOT BE CUT OR FOLDED (UKA Rule 18)

NO PINS WILL BE AVAILABLE. YOU WILL HAVE TO PROVIDE YOUR OWN.

ONLY CLUB - COUNTY - TERRITORIAL - NATIONAL VESTS will be permitted.

NOTE ONLY ONE LOGO, EITHER ON VEST OR SHORTS. (UKA Rule 17)

Programmes will be on sale listing competitors' numbers, timetable etc., during the weekend.

PLEASE NOTE: UKA Rule 115(3) Athletes shall be excluded from participating in further events, including relays, when they have qualified in preliminary rounds or heats for further participation in any event but then do not compete further without giving valid reason to the Referee. If a meeting extends over more than one day the exclusion shall apply to all subsequent events of the meeting.

Results will be available, as soon as possible, after each event has finished posted on the back wall of the stand.

Presentations will take place, as soon as possible, after each event has been completed and results verified.

The 4x100m relays are compiled of 4 members being of the same sex and age group. Except the Under 20 and Senior relays which are a combination of the two age groups

WE ASK, PLEASE, THAT EVERY ATHLETE IS AWARE OF THE ABOVE RULES AND INFORMATION SO THAT WE CAN ENSURE THE CHAMPIONSHIPS RUN SMOOTHLY AND THEREFORE DO NOT HAVE TO DISAPPOINT YOU.

GOOD LUCK TO ALL COMPETITORS

Entry Forms can be found on the Lancashire AA, Northern and most Lancashire Clubs Web Sites.
All results will be posted on web sites

LANCASHIRE ATHLETIC ASSOCIATION
TRACK & FIELD CHAMPIONSHIPS

SATURDAY 8th & SUNDAY 9th MAY 2010 AT STANLEY PARK ARENA.

Under U.K.A Rules .

The meeting on both days start at 10.00am FIELD – 11.30am TRACK

PLEASE CHECK YOU AGE GROUP BEFORE COMPLETING THIS FORM

Under 13 Boy or Girl	11 or 12 at Midnight 31 st August/1 st September 2010
Under 15 Boy or Girl	13 or 14 at Midnight 31 st August/1 st September 2010
Under 17 Man or Woman	15 or 16 at Midnight 31 st August/1 st September 2010
Under 20 Man or Woman	17 or 18 or 19 at Midnight 31 st December 2010/1 st January 2011

SATURDAY

100m	All Age Groups Male & Female
300m	U17W, U15G
400m	SM, U20M, U17M, U15B, SW, U20W
1500m	All Age Groups Male & Female
5000m	SM, VM, SW, VW
70mH	U13G
75mH	U13B, U15G
80mH	U15B, U17W
100mH	U17M, U20W, SW
110mH	SM, U20M
Long Jump	All Female Age Groups
Triple Jump	SM, U20M, U17M, U15B
High Jump	All Male Age Groups
Javelin	SW, U20W, U17W, U15G, U13G
Discus	SM, U20M, U17M, U15B, U13B
Shot Putt	All Male Age Groups
Hammer	SM, U20M, U17M, U15B

SUNDAY

200m	All Age Groups Male & Female
300mH	U17W
400mH	SM, U20M, U17M, SW, U20W
800m	All Age Groups Male & Female
3000m	U20M, U20W, U17M, U17W, U15B, U15G
1500mS/C	U17M
2000mS/C	U20M
3000mS/C	SM, SW
Pole Vault	SM, U20M, U17M, SW, U20W, U17W, U15B, U15G
Long Jump	All Male Groups
Triple Jump	SW, U20W, U17W
High Jump	All Female Age Groups
Javelin	SM, U20M, U17M, U15B, U13B
Discus	SW, U20W, U17W, U15G, U13G
Shot Putt	All Female Age Groups
Hammer	SW, U20W, U17Wm, U15G

CLOSING DATE FOR ENTRIES IS THE 17th APRIL 2010

STARTING HEIGHT FOR HIGH JUMP	SM= 1.60, U20M=1.50, U17M=1.40, U15B=1.30, U13B=1.20 SW=1.40, U20W=1.40, U17W=1.30, U15G=1.20, U13G=1.15
STARTING HEIGHT FOR POLE VAULT	SM=2.75, U20M=2.50, U17M=2.30 SW, U20W, U17W = 1.80 U15B = 1.70, U15G = 1.60

IMPORTANT

NUMBERS MUST BE COLLECTED FROM REGISTRATION AT LEAST 30 MINUTES BEFORE THE START OF YOUR EVENT. PLEASE ENSURE THAT YOU DECLARE FOR EACH EVENT IN WHICH YOU INTEND TO COMPETE – FAILURE TO DO SO MAY RESULT IN YOU BEING EXCLUDE FROM THE EVENT.

TIMETABLES WILL BE POSTED ON WEBSITES. IF YOU WISH TO HAVE ONE POSTED , PLEASE ENSURE THAT A STAMPED ADDRESSED ENVELOPE IS ENCLOSED WITH YOUR ENTRY.

All events will be contested, even if only one athlete enters.

NOTE ONLY ONE LOGO, EITHER ON VEST OR SHORTS

PLEASE NOTE:

YOU MUST DECLARE YOUR INTENTION TO COMPETE EACH DAY AT LEAST 30 MINUTES BEFORE EACH EVENT

LANCASHIRE TRACK & FIELD CHAMPIONSHIPS

SATURDAY 8th & SUNDAY 9th MAY 2010 AT STANLEY PARK ARENA

PLEASE COMPLETE ENTRY FORMS IN CAPITAL LETTERS

* SURNAME..... * FIRST NAME.....

* ADDRESS.....

..... * POST CODE.....

* TEL NO: * UK REGISTRATION NO.....

* CLUB..... * DATE OF BIRTH.....

* AGE GROUP..... * MALE or FEMALE.....

PLEASE ENSURE THAT ALL MARKED – ‘ * ‘ - ARE FILLED IN

-EVENTS I WISH TO ENTER -

UNDER 13's – Under 15's – Under 17's ARE ONLY ALLOWED THREE EVENTS PER DAY

N.B. U/15 BOYS & GIRLS CAN COMPETE IN EITHER 800m OR 3000m not both (UK Rule 107 (3iv))

SATURDAY 8TH MAY 2010

SUNDAY 9TH MAY 2010

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I HEREBY DECLARE THAT a) I am an Amateur as defined by U.K.A. Rules

b) I am qualified to compete in the L.A.A. Track & Field Championships by virtue of

Please state - BIRTH – TOWN –.....or 9mths RESIDENCE.....mark appropriate one

I am not ineligible through competing in the Championships of another County or by representing another County in an Inter-Counties Championship.

Signed Date.....2010

Counter Signature of Parent or Guardian if under 17 years of age

ENTRY FEES: U13, U15 Boys & Girls & U17 Men & Women £4 per event –

£10 per 3 events on the SAME DAY per athlete

U20, Senior Men & Women - £4.50 per event - £12 for 3 events on the SAME DAY per athlete

Please put your name and address on reverse of cheque/postal order.

Crossed cheques/postal orders must be made payable to **-LANCASHIRE ATHLETIC ASSOCIATION**

Cheques or Postal orders only, ensuring the correct postage stamp is on your envelope to avoid surcharges.

ENTRY FORMS TO: **T & F CHAMPIONSHIPS**

66 AINTREE ROAD, THORNTON-CLEVELEYS, LANCASHIRE FY5 5HP