

MIDDLESEX INDOOR CHAMPIONSHIPS 2020
(combined with Herts and Kent)
LEE VALLEY ATHLETICS CENTRE- EDMONTON- N9 0AR
Saturday 14th March / Sunday 15th March

Closing date for entries is Thursday 27th Feb 2020
PLEASE NOTE THAT LATE ENTRIES WILL NOT BE ACCEPTED

Club vests or representative vests must be worn as per UKA rule 17
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 GROUP INFORMATION

U13s are not allowed to enter

U15s & U17s may only compete in up to three events

U20s may only compete in up to five events

Under 15, Under 17 and Senior Age Groups are as at Midnight 31/08/20
(same as outdoors 2020)

Under 20 Age Group are Over 17 on 31/08/20 but Under 20 on 31/12/20

EVENT INFORMATION:

SATURDAY:

60m Hurdles, 200m, 800m (All Age Groups)

High Jump (U17W, U20W, SW, U20M, SM)

Pole Vault (Women & Girls)

Long Jump (Men & Boys)

Triple Jump (Women & Girls)

Shot Put (Men & Boys)

1km walk (All Age Groups)

Disability Long Jump (Men and Boys)

Disability Shot (Men and Boys)

SUNDAY :

60m, 300m/400m, 1500m (All Age Groups)

High Jump (U15B, U15G, U17M)

Shot Put (Women & Girls)

Long Jump (Women & Girls)

Triple Jump (Men & Boys)

Pole Vault (Men & Boys)

Disability Long Jump (Women and Girls)

Disability Shot (Women and Girls)

Disability Field Events are for classified Ambulant Athletes Only.
Ambulant Track Athletes may compete in suitable Track Events.

- **60m and 60m hurdles:** These will be the first events – starting with Senior Men.
- **200m, 300m/400m, 800m, 1500m:** (NB U15B, U15G, U17W run 300m not 400m).
- Dependent on entries, separate track races will be held for each County
- **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:** Each competitor has four trials.

The Organising Committee reserves the right to alter the above when drawing up the timetable or on the day.

Entries

- Entry Fee per event is **£9 for Seniors** and **£8 for all other age groups.**
- Timetables will be sent via e-mail and posted on the County website once entries have closed.

Contact: Major Carr 07961 617502 major_carr@yahoo.co.uk

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 as indicated above.