

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.
BLACKPOOL FY3 9HQ

Under U.K.A Rules .

The meeting on both days starts at 10.00 a.m. FIELD – 11.30 a.m. 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		SUNDAY	
100m	All Age Groups Male & Female	200m	All Age Groups Male & Female
300m	U17W, U15G	300mH	U17W
400m	SM, U20M, U17M, U15B, SW, U20W	400mH	SM, U20M, U17M, SW, U20W
1500m	All Age Groups Male & Female	800m	All Age Groups Male & Female
5000m	SM, VM, SW, VW	3000m	U20M, U20W, U17M, U17W, U15B, U15G
70mH	U13G	1500mS/C	U17M
75mH	U13B, U15G	2000mS/C	U20M
80mH	U15B, U17W	3000mS/C	SM, SW
100mH	U17M, U20W, SW	Pole Vault	SM, U20M, U17M, SW, U20W, U17W, U15B, U15G
110mH	SM, U20M	Long Jump	All Male Groups
Long Jump	All Female Age Groups	Triple Jump	SW, U20W, U17W
Triple Jump	SM, U20M, U17M, U15B	High Jump	All Female Age Groups
High Jump	All Male Age Groups	Javelin	SM, U20M, U17M, U15B, U13B
Javelin	SW, U20W, U17W, U15G, U13G	Discus	SW, U20W, U17W, U15G, U13G
Discus	SM, U20M, U17M, U15B, U13B	Shot Putt	All Female Age Groups
Shot Putt	All Male Age Groups	Hammer	SW, U20W, U17Wm, U15G
Hammer	SM, U20M, U17M, U15B		

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 EXCLUDED 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
BLACKPOOL FY3 9HQ

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 8 TH MAY 2010	SUNDAY 9 TH MAY 2010

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