

## NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION

### Indoor Track And Field Championships 2019

**(Incorporating Cumbria AA Championships, NEMAA Championships and Open Events)**

**Plus 2 Male and 2 Female, Start Fitness Outstanding Athlete Awards**

### Gateshead College Indoor Athletic Hall

(Under UKA Rules)

Permit No: IND 19/031)

Age group	Saturday 16 <sup>th</sup> February 2019(Field) (First Event 10:00)	Sunday 17 <sup>th</sup> February 2019(Track) (First Event 10:00)
Snr, U20 and U17 Men and Women	Shot, Long jump, Triple jump, High jump, Pole vault	60 metres sprint, 60 metres hurdles
Under 15 Boys	Shot, Long jump, Triple jump, High jump, Pole vault	60 metres sprint, 60 metres hurdles
Under 15 Girls	Shot putt, Long jump, High jump, Pole vault	60 metres sprint, 60 metres hurdles
Under 13 Boys and Girls	Shot putt, Long jump, High jump	60 metres sprint, 60 metres hurdles
NEMAA Championships *	Long jump, Shot High Jump, Triple Jump, Pole Vault	60 metres sprint 60 metres hurdles
Open Wheelchair		60 metres sprint

\* All Masters age groups will compete together in Long jump, Shot Putt, High Jump, Triple Jump and 60 metres sprint

Under 13 Competition is confined to athletes aged 11 and 12 at midnight on 31/08/ 2019– maximum 3 events per day

Under 15 Competition is confined to athletes aged 13 and 14 at midnight on 31/08/ 2019– maximum 3 events per day

Under 17 Competition is confined to athletes aged 15 and 16 at midnight on 31/08/ 2019– maximum 3 events per day

Under 20 Competition is confined to athletes aged 17 or over at midnight on 31/08/ 2019 and under 20 at midnight on 31/12/2019

Senior Competition is for athletes aged at least 20 years of age on 31/12/2019

Masters competition is for athletes aged 35 or older on day of competition

Stadium blocks are compulsory in 60m and 60mH for all except U13 and U15 athletes. No personal starting blocks allowed.

Entries are welcome from non NECAA/Cumbria AA competitors, however, in those events for which heats and finals are held, such competitors may not displace NECAA/Cumbria AA athletes from any final but will be offered a place in a 'B' final

#### Conditions of Entry –NECAA, NEMAA and Cumbria AA Championships Only (please read carefully)

These events are confined to amateur athletes born, or having bona fide residence for nine months prior to the date of the competition, in the counties of Northumberland, Durham, Tyne & Wear, Cleveland or Cumbria. Athletes may compete in the Championships of only one County Association in any one calendar year. Term time only university residence does not qualify.

Enter online at [www.race-results.co.uk](http://www.race-results.co.uk) Or Download Entry form from: [www.necaa.info](http://www.necaa.info)

Entries may also be made on the official entry forms, which must be completed in full and returned, together with payment, correct postage and a stamped addressed envelope to: Keith Willshire, 56 Newlands Road, Blyth, Northumberland, NE24 2QJ

Please provide either a valid email address or a stamped self-addressed envelope to receive order of events.

Entry Fees: £8 per event. Cheques/postal orders payable to N.E.C.A.A. **Closing date for entries: Saturday 2<sup>nd</sup> February 2019**

**Note: NECAA reserve the right to cancel any event for which insufficient entries are received**

Timetable and entries will be published on [WWW.NECAA.INFO](http://WWW.NECAA.INFO) by Wednesday 13th February 2019

OFFICIAL ENTRY FORM (please complete in BLOCK CAPITALS)

Name .....

Full postal address .....

Post Code ..... Telephone ..... Email .....

Age Group ..... (state men/women or boys/girls) Date of Birth ..... Current Age .....

Club ..... Disability Classification (where applicable) .....

List Events you wish to enter and your 2018 personal best performance or predicted time in each event

Event .....	PB .....	Event .....	PB .....	Event .....	PB .....
Event .....	PB .....	Event .....	PB .....	Event .....	PB .....

I declare that I was born in or have resided continuously in the county of ..... prior to the date of the championships and that I have read and agree to the Conditions of Entry above.

I enclose £ ..... entry fee (£8 per event) plus a stamped addressed envelope to receive an order of events.

Signature(s) ..... Date .....

For athletes under the age of 18, the form must be signed by the athlete and a parent/carer.

**Entry for spectators will be by purchase of Order of Events (£3 each day, Cash Only)**