

NORTHERN ATHLETICS INDOOR CHAMPIONSHIPS 2014

(Under UKA Rules)

Saturday 18th January at EIS, Sheffield

Closing Date: 3rd January 2014

Snr Men 60m: 400m: 1500m: 60mH:

Snr Women 60m: 400m: 1500m: 60mH: Shot: Pole Vault

U20 Men 60m: 400m: 1500m: 60mH: Shot: Pole Vault: Triple Jump

U20 Women 60m: 400m: 1500m: 60mH: Long Jump: Triple Jump

U17 Men 60m: 400m: 1500m: 60mH: Long Jump: Triple Jump

U17 Women 60m: 300m: 1500m: 60mH: Pole Vault: Long Jump: Triple Jump

U15 Girls Pole Vault

Sunday 19th January at EIS, Sheffield

Closing Date: 3rd January 2014

Snr Men 200m: 800m: 3000m: High Jump: Shot: Pole Vault: Long Jump: Triple Jump

Snr Women 200m: 800m: 3000m: High Jump: Long Jump: Triple Jump

U20 Men 200m: 800m: 3000m: High Jump: Long Jump

U20 Women 200m: 800m: 3000m: High Jump: Shot: Pole Vault:

U17 Men 200m: 800m: High Jump: Shot: Pole Vault:

U17 Women 200m: 800m: High Jump: Shot

U15 Boys Pole Vault

Postal Entries to: Northern Athletics, 7A Wellington Road East, DEWSBURY WF13 1HF.

Tel: 01924 457922 e-mail: info@northernathletics.org.uk

FOR POSTAL ENTRIES YOU MUST ENCLOSE SAE (9x4) TO ENSURE CONFIRMATION, TIMETABLE ETC

2013 AGE GROUPS

Senior Men & Women Born 31.12.94 or earlier

Junior Men & Women Born 1.1.95 to 31.8.97

Under 17 Men & Women Born 1.9.97 to 31.8.99

Under 15 Boys 7 Girls Born 1.9.99 to 31.8.01

Juniors may compete as Seniors in these events without restriction.

Under 17 Men & Women may* compete as Juniors or Seniors.

REGULATIONS for ENTRY TO TERRITORIAL CHAMPIONSHIPS

1. UKA RULES : All events are subject to the current 'UKA Rules for Competition'.
2. ELIGIBILITY: All events are confined to amateurs who either (a) were born in the Northern Athletics Territory (inc. Derbyshire & Lincs , OR (b) have lived within the Territorial boundary for at least nine months immediately prior to the date of competition.
3. NORTHERN ATHLETICS TERRITORY: Consists of the Counties of Cheshire, Cleveland, Cumbria, Derbyshire, Durham, Gtr. Manchester, Humberside, Isle of Man, Lancashire, Lincolnshire, Merseyside, Northumberland, North Yorkshire, South Yorkshire, Tyne & Wear and West Yorkshire.
4. EVENT RESTRICTIONS: The Committee reserves the right to modify the number and timing of events and the heats for track events to take account of the size of entry.
5. CLUB MEMBERSHIP & CLOTHING: After one year of competition, an athlete must be a member of a club affiliated directly or indirectly to the National Governing Body. Athletes who are club members must wear club vests or alternatively a County, Territorial or National vest. Other athletes must wear a plain vest approved by the Referee. All athletes are reminded that all clothing must be clean and so designed and worn as not to be objectionable, even if wet.
6. EQUIPMENT: The organisers will provide the implements for throwing events. Competitors must supply their own poles in the Pole Vault. Only stadium blocks will be used in track events. Automatic False start equipment will be in use for Senior, U20 & U17 events. Stadium blocks only may be used.
7. ENTRIES : The organisers reserve the right to refuse any entry. A minimum of three entries is required for an event to be held. All entries will be acknowledged within ten days of the closing date. Online entries will receive automatic acknowledgements. All information, start lists, timetables etc will be displayed on our website at www.northernathletics.org.uk. Late entries will not be accepted and the organisers cannot be held responsible for items lost or delayed in the post. Athletes (or if under 16, their parent or guardian) should check the details on the entry form before signing it, since errors cannot be corrected after the closing date.
8. STARTING HEIGHTS:
Pole Vault: SM - 3.80m: SW-2.10m: U20M-3.40; U20W - 2.10m. U17M - 2.60m: U17W - 1.90: U15B - 2.20: U15G-1.60.
High Jump: SM - 1.85m: SW - 1.55m: U20M – 1.70: U20W – 1.45: U17M - 1.60m: U17W – 1.45.
Triple Jump: minimum Take off Board distances are: SnrM/U20M -11m. All other age groups – 9m.

Combined Events Meeting

Saturday/Sunday 4th & 5th January at EIS, Sheffield (with England Athletics)

Closing Date 14th December 2013

Snr Men Heptathlon Sat/Sun

Snr Women Pentathlon Sun

U20 Men Heptathlon Sat/Sun

U20 Women Pentathlon Sun

A separate Entry Form for the EA/NA Combined Events Championships is available from the NA office or online at www.northernathletics.org.uk and www.englandathletics.org.



**2014 INDOOR CHAMPIONSHIPS
ENTRY FORM (Senior/U20/U17)**

**18/19 January at English Institute of Sport, Sheffield
(Held Under UKA Rules)**

Please enter me for the following events stating personal best performances achieved in 2012

- 1) 3)
- 2) 4)

Which Age category do you wish to enter ? Please tick as appropriate

Senior Men	<input type="checkbox"/>	Under 20 Men	<input type="checkbox"/>	Under 17 Men	<input type="checkbox"/>	Under 15 Boys	<input type="checkbox"/>
Senior Women	<input type="checkbox"/>	Under 20 Women	<input type="checkbox"/>	Under 17 Women	<input type="checkbox"/>	Under 15 Girls	<input type="checkbox"/>

Age Groups

Senior Men & Women	Born 31.12.94 or earlier	U20 Men & Women	Born 1.1.95 to 31.8.97
U17 Men & Women	Born 1.9.97 to 31.8.99	U15 Boys & Girls	Born 1.9.99 to 31.8.01

Athletes may compete outside their age group as defined in Rule 107 (UKA Rules for Competition)

Surname: (Recently married women please give previous surname)

First Name: EA Reg. Number

Club:

Address:

..... Post Code:

Tel: E Mail.....

Date of Birth: Age on 31st August 2014:

Entry Fees per event - All age groups £6.00

Championship title holders from 2013 are entitled to free entry to the corresponding event in 2014 subject to the receipt of a completed entry form. Defending Champions moving up an age group also qualify for free entry.

Entry Fee enclosed: £..... Please make cheques payable to Northern Athletics.

I declare that I am eligible to compete under UKA Rules and that I am eligible to compete in a Northern Athletics Championship on the grounds of - *Birth / *Residence (*delete whichever does not apply) I am aware that drug testing may take place and that Club (or representative) vests must be worn.

Signed.....If Under 16 to be signed by a Parent or Guardian)

Please return completed forms to: Northern Athletics, 7A Wellington Road East, Dewsbury. WF13 1HF.
Tel: 01924 457922 e-mail: info@northernathletics.org.uk

You must enclose SAE to ensure confirmation, timetable etc

NB: email addresses may be passed to our sponsors Start Fitness for marketing and information purposes. If you do not wish your email address to be made available please indicate by ticking the box provided below. Addresses will not be made available to any other retail or marketing organisation.