

NORTHERN ATHLETICS
Presents the
2014 'START FITNESS' TRACK AND FIELD CHAMPIONSHIPS

Held Under UKA Rules
ONLINE ENTRY FOR ALL EVENTS IS AVAILABLE AT WWW.RACE-RESULTS.CO.UK
Online entry to Combined Events via www.englandathletics.org

SENIOR/U20 CHAMPIONSHIP MEETING (inc: Parallel Success IPC endorsed – see separate event listing)
SPORT CITY, MANCHESTER – 14/15 JUNE

Saturday 14th June

Senior Men 100m, 400m, 1500m, 5000m, 110m Hurdles, 3000m S'Chase, High Jump, Triple Jump, Shot, Hammer.

Senior Women 100m, 400m, 1500m, 100m Hurdles, High Jump, Triple Jump, Shot, Hammer.

U20 Men 100m, 400m, 1500m, 110m Hurdles, 2000m S'Chase, Pole Vault, Long Jump, Discus, Javelin.

U20 Women 100m, 400m, 1500m, 100m Hurdles, Pole Vault, Long Jump, Discus, Javelin.

Sunday 15th June

Senior Men 200m, 800m, 400m Hurdles, Pole Vault, Javelin, Long Jump, Discus.

Senior Women 200m, 800m, 5000m, 400mHu, 2000m S'Chase, Pole Vault, Javelin, Long Jump, Discus.

U20 Men 200m, 800m, 5000m, 400m Hurdles, High Jump, Triple Jump, Shot, Hammer.

U20 Women 200m, 800m, 400m Hurdles, 2000m S'Chase, High Jump, Triple Jump, Shot, Hammer

Closing Date 26th May

ENTRY FEES: £12 FIRST EVENT. £6 FOR EACH ADDITIONAL EVENT.

DEFENDING CHAMPIONS: Free entry into corresponding event subject to receipt of entry forms

FREE ENTRY TO ALL SENIOR COUNTY CHAMPIONS (2014) IN CORRESPONDING EVENTS SUBJECT TO RECEIPT OF ENTRY FORMS

*** PLEASE MAKE CHEQUES PAYABLE TO NORTHERN ATHLETICS.***

U17/U15 CHAMPIONSHIP MEETING,
ROBIN PARK ARENA, WIGAN – 16/17 AUGUST

Saturday 16th August (Day 1)

U17 Men 200m, 800m, 400m Hurdles, 1500m S'Chase, High Jump, Triple Jump, Pole Vault.

U17 Women 100m, 300m, 1500m, 3000m, 300m Hurdles, Long Jump, Triple Jump, Shot, Discus, Hammer

U15 Boys 100m, 200m, 400m, 80m Hurdles, Long Jump, Triple Jump, Shot, Discus, Javelin, Hammer.

U15 Girls 800m, 1500m, High Jump, Javelin.

Sunday 17th August (Day 2)

U17 Men 100m, 400m, 1500m, 3000m, 100m Hurdles, Long Jump, Shot, Discus, Javelin, Hammer.

U17 Women 200m, 800m, 80m Hurdles, 1500m S'Chase, Pole Vault, High Jump, Javelin.

U15 Boys 800m, 1500m, 3000m, High Jump, Pole Vault

U15 Girls 100m, 200m, 75m Hurdles, Long Jump, Pole Vault, Shot, Discus, Hammer.

Closing Date 21st July

ENTRY FEES: £8 PER EVENT.

DEFENDING CHAMPIONS: Free entry into corresponding event subject to receipt of entry forms

*** PLEASE MAKE CHEQUES PAYABLE TO NORTHERN ATHLETICS.***

NB: The 3000m Championships for U20 Men and Women will be held at the Trafford Grand Prix on 22nd July 2014 (approx. 8.15pm). Entries on the day will be accepted - £12

The 10,000m Championships (Men & Women) will be held as part of the BMC/Trafford 10K Track Festival on 6th September.(part of the Run Britain GP series – approx. 1.00pm)

SENIOR/U20 COMBINED EVENTS CHAMPIONSHIPS – BEDFORD 24/25 May
(Incorporating North, Midlands & Wales Championships)

Entry form available from www.englandathletics.org or www.northernathletics.org.uk

Saturday 24th May/Sunday 25th May

Decathlon Senior Men/U20 Men

Heptathlon

Senior Women/U20 Women

Closing Date 5th May

U17/U15 COMBINED EVENTS CHAMPIONSHIPS – STOKE – 9/10 August
(Incorporating North, Midlands & Wales Championships)

Saturday 9th /Sunday 10th August

Decathlon U17 Men

Heptathlon

U17 Women

Octathlon U15 Boys

Hexathlon

U15 Girls

Closing Date 21st July

All Age Groups - £15 - Online entry £20– Postal - Payable to England Athletics (CE ONLY)

REGULATIONS - RE: ENTRY TO TERRITORIAL CHAMPIONSHIPS

1 UK ATHLETICS RULES

All events will be subject to UKA Rules for Competition.

2 ELIGIBILITY

All events are confined to athletes who were either a) born within the Northern Athletics Area, OR b) have lived within the Area boundary for nine months prior to the date of competition.

Entrants must not have not competed in any other area championship within the competition year.

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 cancel any event in which the entries are insufficient to justify the holding of a Championship competition. In the case of a very large entry, events of 3000m or more may be split into 'A' & 'B' races. If an event is cancelled and an athlete chooses to move into a higher age group, the athlete will only qualify for an award in the upper age category and any performance will be deemed as appropriate to that age category only.

5 CLUB MEMBERSHIP AND CLOTHING

After one year of competition, an athlete must be a member of a club affiliated directly or indirectly to England Athletics. Athletes who are club members must wear club vests or alternatively a County, Territorial or National vest. University vests are also acceptable. 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. Crop tops are acceptable as team colours if they are in the same colours as the club vest and as near in design as possible. A mix of crop tops and vests in the same team is acceptable.

Bib numbers must not be cut or folded.

6 EQUIPMENT

The organisers will provide implements for the throwing events. Competitors may use their own implements provided that these are booked in a minimum of one hour prior to the scheduled start of the individual event and approved by the Technical Manager. Competitors must supply their own poles in the Pole Vault. Competitors must use stadium blocks wherever False Start Systems are in use, if not then personal starting blocks may be used if they conform to regulations and are approved by the Starter's Assistant. All age groups except U15 will be required to use false start systems.

7 ENTRIES

The organisers reserve the right to refuse any entry. Online entries will be confirmed by return, postal entries will be acknowledged within twelve days of the closing date (SAE please). **IF YOU DO NOT RECEIVE AN E MAIL CONFIRMATION OR A POSTAL ACKNOWLEDGEMENT PLEASE TELEPHONE THE NA OFFICE.** Late entries will not be accepted and the organisers cannot be responsible for items lost or delayed in the post. Athletes (or if under 16, their parent/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-3.50: U20M-3.30: U17M-3.10: U15B-2.55: SW-2.70: U20W-2.45: U17W-2.35: U15G-2.10
High Jump: SM-1.83:U20M-1.83: U17M-1.70: U15B-1.50: SW-1.60: U20W-1.55: U17W-1.50: U15G-1.40

Triple Jump: SM/U20M:11m or 13m boards. All other age groups: 9m/11m/13m boards may be used.



Online entry for all events is available at www.race-results.co.uk

Northern Athletics would like to thank Start Fitness, Sportsoft, Manchester City Council, Staff of Manchester Regional Arena, and Robin Park Stadium, Wigan Harriers, Trafford AC and England Athletics for their support.

TRACK & FIELD AGE GROUPS
for competition year ending 30.9.2014

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 & Girls	Born 1.9.99 to 31.8.01
Under 13 Boys & Girls	Born 1.9.01 to 31.8.03

Under 20 athletes may compete in Senior events.
 Under 17 Men may compete as Juniors or Seniors except in the 5000m and 10000m.
 Under 17 Women may compete as Junior or Senior except in the 5000m and 10000m.
 Under 15 Boys may compete as Under 17s except in 3000m & S/Chase.
 Under 15 Girls may compete as Under 17s except in 3000m & S/Chase.
 Under 13s may compete as Under 15s. except in Triple Jump, Hammer, 400m & 3000m..

PLEASE NOTE ENTRY STANDARDS WILL NOT BE APPLIED TO 2014 CHAMPIONSHIPS

CHAMPIONSHIP EVENT SUMMARY

** Northern Athletics shown as 'NA' ** **England Athletics shown as 'EA' **

<u>EVENT</u>	<u>DATE</u>	<u>VENUE</u>	<u>CLOSING DATE</u>	<u>FEES (cheques payable to)</u>
England Athletics Snr/U20 COMBINED EVENTS (inc. Northern CE Champs)	24 th May 25 th May	Bedford	5 th May	Online -£15 Paper - £20 Snr/ U20(England Athletics)
Northern Athletics SENIOR/U20 CHAMPIONSHIPS	14 th June 15 th June	Sport City Manchester	26 th May	£12 first event £6 per additional event (Northern Athletics)
Northern Athletics U20 3000M (M&W)	22 nd July	Longford Park Trafford	Entries on the day will be accepted	£12 first event £6 per additional event (Northern Athletics)
Northern Athletics Snr 10,000M (M&W)	6 th September	Longford Park Trafford	Entries on the day will be accepted	£12 (Northern Athletics)
England Athletics U17/U15 COMBINED EVENTS (inc. Northern CE Champs)	3 rd August 4 th August	Bedford	21 st July	Online -£15 Paper - £20 U17 /U15 (England Athletics)
Northern Athletics U17/U15 CHAMPIONSHIPS	16 th August 17 th August	Robin Park Stadium Wigan	28 th July	£8 per event (Northern Athletics)

DRUG TESTING

I hereby

(i) acknowledge that I am bound by UKA's Anti-Doping rules, (ii) agree to submit to drugs testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve my providing a blood and/or urine sample and (iii) confirm that I am either aged 18 years or older or that the person(s) having parental responsibility for me consent to the above testing. Please tick the box on the following page to confirm that you have read this information.

Rule Change

**The New False Start Rule will apply from 1st April 2013:- UKA Rule 111.14A:
 In all competitions for Senior, Junior and Under 17 athletes as defined in Rule 107 (4) – (6), but also including those where younger athletes are competing according to the Rules, whether false start detecting equipment is in use or not, any athlete deemed responsible for a false start shall be disqualified.**

2014 NORTHERN CHAMPIONSHIP ENTRY FORM

Surname **First Names**
(Women recently married please give previous surname)

Address

..... **Post Code**

EA reg no..... **Tel.No**

E-mail **Club**.....

Age Group for which you are entering: (please tick)

Senior Men () Senior Women () U20 Men () U20 Women ()
U17 Men () U17 Women () U15 Boys () U15 Girls ()

Date of Birth Age on 31.8. 2014

Place of Birth.....

I wish to enter the following events:

2014 PB

- 1. PB
- 2. PB
- 3. PB
- 4. PB
- 5. PB

Cheque / PO value enclosed, payable to NA

Please tick to confirm that you have read and understood the Anti-doping information on the previous page

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 postal entry 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.
Senior/U20 Age groups - £12 first event - £6 per additional event.
U17/U15 Age groups - £8 per event.
Payable to Northern Athletics.

CLOSING DATES

Senior/U20 Championships	26 th May
U17/U15 Championships	28 th July
Senior/U20/ Combined Events	5 th May
U17/U15 Combined Events	21 st July
3000m U20M/U20W	On the day
10,000m Championships	On the day