

**NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION  
Indoor Track And Field Championships 2016**

**(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 16/017 )

| Age group                      | Saturday 30 January 2016 (Field)<br>(First Event 10:00) | Sunday 31 January 2016 (Track)<br>(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                  | 60 metres sprint                                      |
| Open Wheelchair                |   | 60 metres sprint                                      |

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

**Age graded awards to best masters male and female track and field Sponsored By Born4Running**

Under 13 Competition is confined to athletes aged 11 and 12 at midnight on 31/08/2016 – maximum 3 events per day

Under 15 Competition is confined to athletes aged 13 and 14 at midnight on 31/08/2016 – maximum 3 events per day

Under 17 Competition is confined to athletes aged 15 and 16 at midnight on 31/08/2016 – maximum 3 events per day

Under 20 Competition is confined to athletes aged 17 or over at midnight on 31/08/2016 and under 20 at midnight on 31/12/2016

Senior Competition is for athletes aged at least 20 years of age on 31/12/2016

Masters competition is for athletes aged 35 or older on 31/12/2016

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.

Entries must 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:** £6 per event. Cheques/postal orders payable to N.E.C.A.A. **Closing date for entries: Saturday 23<sup>rd</sup> January 2016**

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)

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

**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 2015 personal best performance 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 (£6 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.