

## NORTH OF ENGLAND INDOOR CHAMPIONSHIPS 2019

(Promoted by Northern Athletics Under UKA Rules)

**Saturday 12<sup>th</sup> January at EIS, Sheffield**

**Closing Date: 14<sup>th</sup> December 2018**

**Snr Men 60m: 400m: 1500m: 60mH: Shot: Triple Jump**  
**Snr Women 60m: 400m: 1500m: 60mH: Shot: Pole Vault: Long Jump**  
**U20 Men 60m: 400m: 1500m: 60mH: Shot: Pole Vault: Triple Jump**  
**U20 Women 60m: 400m: 1500m: 60mH: Shot: Triple Jump**  
**U17 Men 60m: 400m: 1500m: 60mH: Long Jump: Triple Jump**  
**U17 Women 60m: 300m: 1500m: 60mH: Pole Vault: Long Jump**

**Sunday 13<sup>th</sup> January at EIS, Sheffield**

**Closing Date: 15<sup>th</sup> December 2018**

**Snr Men 200m: 800m: 3000m: High Jump: Pole Vault: Long Jump**  
**Snr Women 200m:800m:3000m:HighJump:TripleJump**  
**U20 Men 200m:800m:3000m:HighJump:LongJump**  
**U20 Women 200m: 800m: 3000m: High Jump: Pole Vault: Long Jump.**  
**U17 Men 200m: 800m: High Jump: Shot: Pole Vault:**  
**U17 Women 200m: 800m: High Jump: Shot: Triple Jump**  
**Non qualifiers in 60m events will be offered a second run**

**ONLINE ENTRIES at [www.race-results.co.uk](http://www.race-results.co.uk) or  
via the link on the NA website [www.northernathletics.org.uk](http://www.northernathletics.org.uk)**

### 2019 AGE GROUPS

<b>Senior Men &amp; Women</b>	<b>Born 31.12.99 or earlier</b>
Junior Men & Women	Born 1.1.00 to 31.8.02
Under 17 Men & Women	Born 1.9.02 to 31.8.04
Under 15 Boys & Girls	Born 1.9.04 to 31.8.06
Under 13 Boys & Girls	Born 1.9.06 to 31.8.08

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 **AND are 1<sup>st</sup> claim members of a club affiliated to Northern Athletics for 2018/19.**
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 may be required for an event to be held. All online entries will be acknowledged automatically on receipt of entry and postal entries within ten days of the closing date if an SAE is provided. All information, start lists, timetables etc will be displayed on our website at [www.northernathletics.org.uk](http://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 Sportsoft entry receipt or 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..80m: SW - 1.50m: U20M – 1.65: U20W – 1.40: U17M - 1.55m: U17W – 1.40.  
Triple Jump: minimum Take off Board distances are: SnrM/U20M -11m. All other age groups – 9m.

\*\*\*\*\*

### **EA Combined Events Championships – Incorporating Northern & Midland Championships)**

Senior/U20 5/6<sup>th</sup> January 2019 at EIS Sheffield  
U17/U15 9/10<sup>th</sup> March 2019 at EIS Sheffield

For entry prospectus, entry costs, online entry details and other information about Combined Events Championships please go to:  
<http://www.englandathletics.org/england-athletics/english-national-championships>



**2019 INDOOR CHAMPIONSHIPS**  
**ENTRY FORM (Senior/U20/U17)**  
 12/13 January at English Institute of Sport, Sheffield  
 (Held Under UKA Rules)

Please enter me for the following events stating personal best performances achieved in 2018

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"/>
Senior Women	<input type="checkbox"/>	Under 20 Women	<input type="checkbox"/>	Under 17 Women	<input type="checkbox"/>

**Age Groups**

Senior Men & Women	Born 31.12.99 or earlier	U20 Men & Women	Born 1.1.00 to 31.8.02
U17 Men & Women	Born 1.9.02 to 31.8.04		

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 31<sup>st</sup> August 2019: .....

**Entry Fees per event** - All age groups £12.00 1<sup>st</sup> event - £8 per additional event.

Championship title holders from 2018 are entitled to free entry to the corresponding event in 2019 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) and I am a member of a club affiliated to Northern Athletics. 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)

**ONLINE ENTRY IS AVAILABLE AT [www.race-results.co.uk/](http://www.race-results.co.uk/)**  
**All relevant information will be also be published on our website [www.northernathletics.org.uk](http://www.northernathletics.org.uk)**  
**Please return completed forms to:** Northern Athletics, 7A Wellington Road East, Dewsbury. WF13 1HF.  
 Tel: 01924 457922 e-mail: [info@northernathletics.org.uk](mailto:info@northernathletics.org.uk)  
*Postal entries must enclose SAE to ensure confirmation, timetable etc.*