

NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION TRACK AND FIELD CHAMPIONSHIPS 2010

(and C.A.U. Inter Counties Trials)



Gateshead International Stadium

(Under UK: Athletics Rules)

Saturday May 8th 2010

	First Event 10:00am
Senior Men	100m, 400m, 1500m, 5000m, 110mH, Discus, Shot Putt, Triple Jump, Pole Vault.
Senior Women	200m, 800m, 5000m 100mH, Discus, Javelin, Long Jump, Pole Vault.
under 20 Men	100m, 400m, 1500m, 110mH, Discus, Shot Putt, Triple Jump, Pole Vault.
under 20 Women	200m, 800m, 5000m 100mH, Discus, Javelin, Long Jump, Pole Vault.
under 17 Men	100m, 400m, 1500m, 100mH, Discus, Shot Putt, Triple Jump, Pole Vault.
under 17 Women	200m, 800m, 3000m 80mH, Discus, Javelin, Long Jump, Pole Vault.
under 15 Boys	100m, 400m, 1500m, 80mH, Discus, Shot Putt, High Jump, Triple Jump, Pole Vault.
under 15 Girls	200m, 800m, 3000m 75mH, Discus, Javelin, High Jump, Pole Vault.
under 13 Boys	100m, 1500m 75mH, High Jump.
under 13 Girls	200m, 800m, 70mH, Long Jump.

Sunday May 9th 2010

	First Event 10:00am
Senior Men	200m, 800m, 10000m 400mH, 3000m s/c, High Jump, Long Jump, Javelin, Hammer.
Senior Women	100m, 400m, 1500m, 10000m 400mH, 2000m s/c, High Jump, Triple Jump, Shot Putt, Hammer.
under 20 Men	200m, 800m, 5000m 400mH, 2000m s/c, High Jump, Long Jump, Javelin, Hammer.
under 20 Women	100m, 400m, 1500m, 400mH, 1500m s/c, High Jump, Triple Jump, Shot Putt, Hammer.
under 17 Men	200m, 800m, 3000m 400mH, 1500m s/c, High Jump, Long Jump, Javelin, Hammer.
under 17 Women	100m, 300m, 1500m, 300mH, High Jump, Triple Jump, Shot Putt, Hammer.
under 15 Boys	200m, 800m, 3000m Long Jump, Javelin, Hammer.
under 15 Girls	100m, 1500m Long Jump, Triple Jump, Shot Putt, Hammer
under 13 Boys	200m, 800m, Long Jump, Shot Putt.
under 13 Girls	100m, 1500m High Jump, Shot Putt.

CONDITIONS OF ENTRY (Please read these most carefully)

The event is 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 or Cleveland. Competitors may compete in the Championships of only one County Association in any one calendar year. Residential qualification for persons serving in H.M. Forces is nine months. University residence during term time only does not qualify.

under 13 Boys / Girls qualification Under 13 Championships are confined to athletes who are aged 11 and 12 at midnight on 31st August 2010 (school years 6+7), and may compete only in their own age group and in a maximum of 3 events in one day.

under 15 Boys / Girls qualification Under 15 Championships are confined to athletes who are aged 13 and 14 at midnight on 31st August 2010 (school years 8+9), and may compete only in their own age group and in a maximum of 3 events in one day.

under 17 Men / Women qualification Under 17 Championships are confined to athletes who are aged 15 and 16 at midnight on 31st August 2010 (school years 10 & 11). They may only compete in a maximum of 3 events in one day.

under 20 Men / Women qualification Under 20 Championships are confined to athletes who are aged 17 or over at midnight on 31st August 2010 but under 20 at midnight on 31st December 2009. They may compete in a maximum of 5 events in one day.

Senior Men / Women qualification The Senior Championships are for athletes who are at least 20 years of age on 31st December 2010.

Under 17 Men and Women and Under 20 Men and Women entering above their age group under uka. rule 107(4)(iv) and 107(5)(v) must use separate entry forms for each age group stating their qualifying grade III performance and venue and in field events they must use the older age implements.

Registration : All athletes must register by the reporting time on the day of competition. Failure to do so may be grounds for disqualification.

They must notify the Referee and the Recorders, giving a valid reason, if they wish to withdraw from an event, otherwise they will be excluded from participating in all subsequent events of the meeting. If heats are not needed due to absence of competitors, finals will be run at heat times. All athletes must report to the call area by the reporting time. Earliest start times will be given, but no field event will start before these times without the agreement of all competitors. Some events may be held with combined pools.

Equipment : Throwing event competitors may use any implements provided for general use. Those who wish to use their own implements must submit them to the Referee for approval. An athlete may not use another's implement without the owners prior permission. Pole Vault competitors may use their own poles. No competitor will be allowed to use another's pole without the prior consent of the owner. Only Stadium Starting Blocks will be allowed and are compulsory for all under 17, under 20 and Senior 100m, 200m and sprint hurdle events.

Athletes must wear the vest of their first-claim affiliated club, or their County, Territorial or National vest, uka rule 17(3)

Entries : Entries must be made on the official entry forms (or a photocopy) which must be completed in full, and returned, together with payment and a **small (9" x 4") stamped addressed envelope** to: Kevin Flannery, 15 Beverley Terrace, Cullercoats, Tyne & Wear, NE30 4NT or enter online using www.athleticsdata.com/enteronline/

Entry Fees : £5 per event, cheques must be made payable to N.E.C.A.A. **Closing date for entries : Monday April 26th (NO LATE ENTRIES)**

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CHAMPIONSHIP OFFICIAL ENTRY FORM (Complete in BLOCK CAPITALS)

Name.....

Age Group.....(please state men's or women's /boy's or girl's)

Date of Birth..... Current Age.....

Club..... School.....

Track athletes are requested to give details of best performances (and dates and venues if known) for each event entered, to enable heats to be seeded fairly. Track and Field event athletes wishing to compete in older age groups under uka rule 107 must give their qualifying standard in that age group.

Events you wish to enter your PB in this event where you did this performance the date of this PB

Event.....PB.....at (venue).....on (date).....

Event.....PB.....at (venue).....on (date).....

Event.....PB.....at (venue).....on (date).....

Event.....PB.....at (venue).....on (date).....

Event.....PB.....at (venue).....on (date).....

Event.....PB.....at (venue).....on (date).....

I declare that I was born in the county ofor I declare that I have resided continuously in the county ofprior to the date of the championships, and that I have read and agree to the 'Conditions of Entry.'

I enclose £.....entry fees(£5 per event) plus a **SMALL(9"x 4")** STAMPED ADDRESSED ENVELOPE WITH MY ENTRY FORM TO RECEIVE AN ORDER OF EVENTS, SHOWING REPORTING TIMES, WHICH WILL ALSO GAIN YOU ADMISSION TO STADIUM

Signature.....Signature.....Date.....
Athletes under the age of 18 must have the entry form signed by a parent or carer as well as the athlete themselves.

Full postal address.....

Post Code.....Telephone.....Email.....
If you provide an email address we will send confirmation of receiving your entry

I do / do not wish to be considered for selection for the CAU Seniors Inter County Championships on 30th / 31st May at Bedford or selection for the Northern Inter Counties Championships u15, u17 and seniors in August (please delete as appropriate)

THIS EVENT RECEIVES NO SUPPORT FROM ENGLAND ATHLETICS