

NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION Track And Field Championships 2012 Gateshead International Stadium (Under UKA Rules)

Saturday 12 May 2012

First Event 10:00am

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|----------------|---|
| 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, 300m*, 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 |

* UKA rule change, from 2012 under 15 boys run 300m instead of 400m at championships

Sunday 13 May 2012

First Event 10:00am

| | |
|----------------|--|
| Senior Men | 200m, 800m, 400mH, 3000ms/c, High jump, Long jump, Javelin, Hammer |
| Senior Women | 100m, 400m, 1500m, 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 |

Senior Men 10,000m will be held on Wednesday 25 April 2012 6:20pm at Monkton Stadium
Entries for 10,000m to keithw53@o2.co.uk by Monday 23 April 2012

Under 13 Competition is confined to athletes aged 11 and 12 at midnight on 31/08/2012 – maximum 3 events per day
Under 15 Competition is confined to athletes aged 13 and 14 at midnight on 31/08/2012 – maximum 3 events per day
Under 17 Competition is confined to athletes aged 15 and 16 at midnight on 31/08/2012 – maximum 3 events per day
Under 20 Competition is confined to athletes aged 17 or over at midnight on 31/08/2012 and under 20 at midnight on 31/12/2012
Senior Competition is for athletes aged at least 20 years of age on 31/12/2012

Entries are welcome from non NECAA competitors, however, in those events for which heats and finals are held, such competitors may not displace NECAA athletes from any subsequent heat or final.

Stadium blocks are compulsory for all U17, U20 and Senior 100m, 200m and sprint hurdle events. **No personal starting blocks allowed.**

Conditions of Entry (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 or Cleveland. 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 and correct postage to: Keith Willshire, 56 Newlands Road, Blyth, Northumberland, NE24 2QJ

Entry Fees: £5 per event. Cheques/postal orders payable to N.E.C.A.A. **Closing date for entries: Saturday 21 April 2012**

Please provide either a valid email address or a stamped self-addressed envelope to receive order of events.

Or enter online at www.race-results.co.uk

Further copies of this entry form can be downloaded from www.englandathletics.org or www.noecaa-athletics.org.uk

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

NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION Track And Field Championships 2012

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 _____ School _____

List Events you wish to enter and your personal best performance in each event

| Events you wish to enter | your PB in this event | where you achieved 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 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 overleaf.

I enclose £ _____ entry fee (£5 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.

I do / do not wish to be considered for selection for the CAU Seniors Inter County Championships on 25 & 26 August at
Bedford or selection for the Northern Inter Counties U15 and U17 Championships on 30 June at Wigan
(please delete as appropriate)

Please note: in order to be considered for selection for either of the Inter County competitions above athletes must have entered the NECAA Track And Field Championships.