

NORTHERN ATHLETICS INDOOR CHAMPIONSHIPS 2013

(Under UKA Rules)

Saturday 12th January at EIS, Sheffield Closing Date: 2nd January 2013

Snr Men 60m: 400m: 1500m: 60mH:
Snr Women 60m: 400m: 1500m: 60mH: Shot: Pole Vault
U20 Men 60m: 400m: 1500m: 60mH: Shot: Pole Vault: Triple Jump
U20 Women 60m: 400m: 1500m: 60mH:
U17 Men 60m: 400m: 1500m: 60mH:
U17 Women 60m: 300m: 1500m: 60mH: Pole Vault: Long Jump: Triple Jump
U15 Boys 60m: 60mH: Shot: Long Jump
U15 Girls 60m: 60mH: Shot: Pole Vault: Long Jump

Sunday 13th January at EIS, Sheffield Closing Date: 2nd January 2013

**Snr Men 200m: 800m: 3000m: High Jump: Shot: Pole Vault:
Long Jump: Triple Jump**
Snr Women 200m: 800m: 3000m: High Jump: Long Jump: Triple Jump
U20 Men 200m: 800m: 3000m: High Jump: Long Jump
**U20 Women 200m: 800m: 3000m: High Jump: Shot: Pole Vault:
Long Jump: Triple Jump**
**U17 Men 200m: 800m: High Jump: Shot: Pole Vault: Long Jump:
Triple Jump**
U17 Women 200m: 800m: High Jump: Shot
U15 Boys 200m: 800m: High Jump: Pole Vault
U15 Girls 200m: 800m: High Jump

Indoor Combined Events Meeting

Saturday/Sunday 5th & 6th January at EIS, Sheffield (with England Athletics)

Closing Date 14th December 2012

Snr Men Heptathlon Sat/Sun
Snr Women Pentathlon Sun
U20 Men Heptathlon Sat/Sun
U20 Women Pentathlon Sun

Saturday/Sunday 2nd & 3rd March at EIS Sheffield (with England Athletics)

Closing Date 8th February 2013

U17 Men Heptathlon Sat/Sun
U17 Women Pentathlon Sat
U15 Boys Pentathlon Sat
U15 Girls Pentathlon Sun

A separate Entry Form for the EA/NA Combined Events Championships is available from the NA office or online at www.northernathletics.org.uk and www.englandathletics.org. Online entry facility is available at the same location

Northern Athletics, 7A Wellington Road East, DEWSBURY WF13 1HF.

Tel: 01924 457922 e-mail: info@northernathletics.org.uk

FOR POSTAL ENTRIES YOU MUST ENCLOSE SAE (9x4) TO ENSURE CONFIRMATION, TIMETABLE ETC

2013 AGE GROUPS

Senior Men & Women Born 31.12.93 or earlier

Junior Men & Women Born 1.1.94 to 31.8.96

Under 17 Men & Women Born 1.9.96 to 31.8.98

Under 15 Boys & Girls Born 1.9.98 to 31.8.00

Juniors may compete as Seniors in these events without restriction.

Under 17 Men & Women may* compete as Juniors or Seniors.

Under 15 Boys & Girls may* compete as Under 17s.

*entry to a higher age group in a track event is subject to being of satisfactory standard.

Under 15 Girls are not allowed to compete in the Triple Jump, and may only compete in one Hurdles age group.

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.

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 events. Stadium blocks only may be used. U17 & U15 athletes may compete without the use of blocks if they so wish.

7. ENTRIES : The organisers reserve the right to refuse any entry. A minimum of three entries is required for an event to be held. All entries will be acknowledged within ten days of the closing date. Online entries will receive automatic acknowledgements. All information, start lists, timetables etc will be displayed on our website at 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 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: U17M - 2.60m.

High Jump: SM - 1.85m: SW - 1.55m: U17M - 1.60m: U17W/U15B - 1.50m: U15G - 1.40m Triple

Jump: minimum Take off Board distances are: SnrM/U20M -11m. All other age groups – 9m.