



**MIDLAND COUNTIES ATHLETIC ASSOCIATION
2017 INDOOR MEETINGS**

Competitions Held Under UKA/IPC Rules



<p>1ST OPEN MEETING - ALEXANDER STADIUM HPC Saturday/Sunday 14/15 January 2017 Including outdoor throws PAPER ENTRY CLOSING DATE 15th DECEMBER 2016 ONLINE ENTRY CLOSING DATE 28th DECEMBER 2016</p>
<p>ATHLETICS DIRECT MIDLAND CHAMPIONSHIPS INCLUDING EXTRA OPEN EVENTS & U13 QUADRATHLON (QUADRATHLON IS LIMITED TO 15 ENTRIES PER AGE GROUP) BARCLAYCARD ARENA Saturday/Sunday 11/12 February 2017 PAPER ENTRY CLOSING DATE 18th JANUARY 2017 ONLINE ENTRY CLOSING DATE 26th JANUARY 2017</p>
<p>ATHLETICS DIRECT BIRMINGHAM GAMES OPEN MEETING – BARCLAYCARD ARENA Sunday 19 February 2017 PAPER ENTRY CLOSING DATE 24th JANUARY 2017 ONLINE ENTRY CLOSING DATE 31th JANUARY 2017</p>
<p>3RD OPEN MEETING - ALEXANDER STADIUM HPC Saturday/Sunday 18/19 March 2017 Including outdoor throws PAPER ENTRY CLOSING DATE 27th February 2017 ONLINE ENTRY CLOSING DATE 3rd MARCH 2017</p>

MIDLAND CHAMPIONSHIPS ELIGIBILITY – All Championship competitors must have at least one of the following qualifications

- ❖ The athlete having been born in the Midlands Competition Area
- ❖ A minimum of 9 months continuous residence in the Competition Area immediately prior to the event to be competed in.

NB: University Residence does not count as a Midlands qualification.

Birth/Residence qualification is in one of the following:

Avon, Herefordshire, Gloucestershire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire. NB: England South West (Cornwall, Devon, Dorset, Somerset, Wiltshire) & East Midlands (Derbyshire, Lincolnshire) are recognised for qualification purposes **BUT** you can compete in **only one** Area Championships in a calendar year – January to December.

CHAMPIONSHIP CLOTHING

THE FOLLOWING VESTS ONLY ARE ACCEPTABLE FOR THE CHAMPIONSHIPS: CLUB, COUNTY, COUNTY SCHOOLS, AREA, NATIONAL OR INTERNATIONAL. FAILURE TO WEAR ONE OF THESE VESTS COULD RESULT IN DISQUALIFICATION.

ENTRY FEES PER EVENT – ONLINE ENTRIES ARE PREFERED

Paper Entries Available which will incur a £2 Admin Fee

1st/3rd Open Meetings:	Senior £8	U20's £7	U17/U15/13's £6
Birmingham Games Open:	Senior £10	U20's £9	U17/U15's £8
Midland Championships:	Senior £10	U20's £9	U17/U15/13's £8

ONLINE ENTRY PAYMENT MUST BE PAID AT THE TIME OF ENTRY OR ENTRIES MAY BE REFUSED.
NON-PAYMENT BY THE END OF THE CLOSING DATE WILL RESULT IN ENTRIES BEING REMOVED

PAPER ENTRIES MUST BE ACCOMPANIED BY THE RELEVANT FEE – CHEQUES MADE PAYABLE TO MCAA PLEASE – PLEASE INCLUDE AN EMAIL ADDRESS TO RECEIVE THE CHAMPIONSHIP INFORMATION

ONLINE ENTRY FOR ALL EVENTS WILL BE AT <http://mcaa.athletics-uk.org/>

PLEASE NOTE (i) THAT THE ORGANISERS RESERVE THE RIGHT TO REFUSE ENTRIES AND REVISE DATES WHERE NECESSARY

(ii) ENTRIES MAY BE RESTRICTED DUE TO EXCESSIVE NUMBERS, ENTRIES MAY BE CLOSED BEFORE STATED CLOSING DATE DUE TO EXCESSIVE ENTRIES.

1ST OPEN 14/15th JANUARY

IPC/UKA Classification Ambulant Only T&F:11-13/20/35-38/42-47

Saturday 14th January 2017

MEN & WOMEN

Senior/U20/U17/U15/U13	High Jump, Long Jump, Triple Jump, Pole Vault	
Senior/U20/U17/U15	Javelin & Hammer	

Sunday 15th January 2017

MEN & WOMEN

Senior/U20/U17/U15/U13	60m & 60m Hurdles	2 races per event per 1 payment
Senior/U20/U17/U15	Shot & Discus	

HJ Pool A SH 1.20m, Pool B SH 1.50m, Pool C SH 1.75m PV Pool A SH 2.20m, Pool B SH 3.20m

TJ Board A 7/9m, Board B 11m, Board C 13m

Please ensure that you enter the relevant pool/board for your event/Number of throws will be dependent on entries

ATHLETICS DIRECT MIDLAND CHAMPIONSHIPS 11/12th FEBRUARY

IPC/UKA Classification Ambulant Only T&F:11-13/20/35-38/42-47

Saturday 11 February 2017

(OPEN Events in RED, available for U17's & Seniors ONLY)

Senior Men & Women	60mH, 200m, 800m (200m, 800m Open)	HJ SH 1.70m/1.50m, PV, LJ, SP
U20 Men & Women	60mH, 200m, 800m (200m, 800m Open)	HJ SH 1.60m/1.40m, PV, LJ, SP
U17 Men & Women	60m, 300m (Female), 400m (Male) (60m Open)	TJ
U15 Boys & Girls	60m, 300m Boys, 800m Girls	TJ (Boys only)
U13 Girls	Quadrathlon – Limit of 15 entries	Quadrathlon = 60m, HJ, LJ, Shot

Sunday 12 February 2017 (OPEN Events in RED, available for U17's Seniors ONLY)

Senior Men & Women	60m, 400m, (60m Open – inc Non MCAA IPC entries)	TJ
U20 Men & Women	60m, 400m (60m Open)	TJ
U17 Men & Women	60mH, 200m, 800m (200m, 800m Open)	HJ SH 1.50m/1.30m, PV, LJ, SP
U15 Boys & Girls	60m H, 200m, 800m Boys	HJ SH 1.40m/1.20m, PV, LJ, SP
U13 Boys	Quadrathlon – Limit of 15 entries	Quadrathlon = 60m, HJ, LJ, Shot

TRIPLE JUMP BOARDS – WOMEN 9/11m - MEN 11/13m

ALL POLE VAULT MINIMUM STARTING HEIGHT 2.20m

ATHLETICS DIRECT BIRMINGHAM GAMES 2nd OPEN MEETING 19th FEBRUARY

IPC/UKA Classification Ambulant Only T&F:11-13/20/35-38/42-47

Sunday 19 February 2017

Senior Men & Women	60m, 60mH, 200m, 400m, 800m, 1500m	HJ, PV, LJ
U20 Men & Women	60m, 60mH, 200m, 400m, 800m	HJ, PV, LJ
U17 Men & Women	60m, 60mH, 200m, 300m (Female) 400m (Male)	HJ, PV, LJ
U15 Boys & Girls	60m, 60mH, 200m, 300m Boys	HJ, PV
U17/U20/Senior Men & Women	Open 3k Walk (Possibility of a 1k walk for U15/U13s)	

High Jump

Pool A SH 1.20m

Pool B SH 1.50m

Pool C SH 1.75m

Pole Vault

Pool A SH 2.20m

Pool B SH 3.20m

Please ensure that you enter the relevant pool for your event

Number of trials in horizontal jumps and throws will be dependent on size of entry

3RD OPEN 18/19th MARCH

IPC/UKA Classification Ambulant Only T&F:11-13/20/35-38/42-47

Saturday 18 March 2017

MEN & WOMEN

Senior/U20/U17/U15	High Jump, Long Jump, Triple Jump, Pole Vault	
Senior/U20/U17/U15	Javelin & Hammer	Number of throws dependent on entries

HJ Pool A SH 1.20m, Pool B SH 1.50m, Pool C SH 1.75m PV Pool A SH 2.20m, Pool B SH 3.20m

TJ Board A 7/9m, Board B 11m, Board C 13m

Please ensure that you enter the relevant pool/board for your event/Number of throws will be dependent on entries

Sunday 19 March 2017

MEN & WOMEN

Senior/U20/U17/U15/U13	60m & 100m 60m Hurdles & 70mH/75mH/80mH/100mH/110mH	1 race at each distance per payment
Senior/U20/U17/U15	Shot & Discus	Number of throws dependent on entries

Age Groups

Senior Men/Women

At least 20 years of age on 31st December 2017

Under 20 Men/Women

Over 17 but under 20 on 31 December 2017

U17 Men/Women

Over 15 but under 17 on 31 August 2017

U15 Boys/Girls

Over 13 but under 15 on 31 August 2017

U13 Boys/Girls

Over 11 but under 13 on 31 August 2017

CONDITIONS OF ENTRY

1 UK ATHLETICS RULES

All events will be subject to UKA Rules for Competition.

2 EVENT RESTRICTIONS

The Committee reserves the right to cancel any event in which the entries are insufficient to justify the holding of a competition. A minimum of three entries will be required. If an event is cancelled and an athlete chooses to move into a higher age group then that is permissible.

The Committee reserves the right to change the day of an advertised event

The Committee reserves the right to close entries to an event or all events at any time.

CONDITIONS OF ENTRY TO AREA CHAMPIONSHIPS

1 UK ATHLETICS RULES

All events will be subject to UKA Rules for Competition.

2 ELIGIBILITY

All events are confined to amateurs who were either a) born within the Midland Counties Competition Area, OR b) have lived within the Area boundary for nine months prior to the date of competition. **See eligibility note on the first page.**

3 EVENT RESTRICTIONS

The Committee reserves the right to cancel any event in which the entries are insufficient to justify the holding of a Championship competition. A minimum of three entries will be required. If an event is cancelled and an athlete chooses to move into a higher age group, the athlete will only qualify for an award in the upper age category and any performance will be deemed as appropriate to that age category only.

4 UKA RULE 141 S1 APPLIES – athletes may choose to compete in an age group above their own subject to the limitations in rule 143.

5 CLUB MEMBERSHIP AND CLOTHING

After one year of competition, an athlete must be a member of a club affiliated directly or indirectly to UK Athletics. **All Athletes must be a paid up member of both their Club and the England Athletics licence scheme.** Athletes who are club members must wear club vests or alternatively a County, Area or National vest. All athletes are reminded that all clothing must be clean, and so designed and worn as not to be objectionable, even if wet. Crop tops are acceptable as team colours if they are in the same colours as the club vest and as near in design as possible.

6 EQUIPMENT

The organisers will provide implements for the throwing events. Competitors may use their own implements provided that these are booked in a minimum of 90 minutes prior to the scheduled start of the individual event and approved by the Technical Manager. Competitors must supply their own poles in the Pole Vault. Competitors own starting blocks may be used if they conform to regulations and are approved by the Starter's Assistant.

7 ENTRIES

We prefer On-Line entry

- ❖ **If you make a paper entry we suggest that you obtain proof of posting for your entry, then should your entry get lost in the post we will accept proof of posting and enter you in the meeting**
- ❖ The organisers reserve the right to refuse any entry
- ❖ In the event of a meeting being cancelled by the organisers (MCAA), due to circumstances beyond our control, then there will be a refund of 80% of entry fees. The withheld money will be used to offset the costs already incurred.

Late entries will not be accepted and the organisers cannot be responsible for items lost or delayed in the post. Athletes (or if under 16, their parent/guardian) should check the details on the entry form before signing it, since errors cannot be corrected after the closing date.

COACHES

ON PRODUCTION OF A CURRENT UKA COACHING LICENCE COACHES WILL BE CHARGED A £1 ENTRY FEE



DRUG TESTING

I hereby (i) acknowledge that I am bound by UKA's Anti-Doping rules, (ii) agree to submit to drugs testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve my providing a blood and/or urine sample); and (iii) confirm that I am either aged 18 years or older or that the person(s) having parental responsibility for me consent to the above testing.

To check the status of registered medicines please visit www.globaldro.com. For information on testing procedures please visit www.100percentme.co.uk. The UKA Anti-Doping Rules are available at www.uka.org.uk. For general anti-doping queries please contact antidoping@uka.org.uk.

There will be a tick box on the competition form that will have to be ticked to ensure that you have read the drug testing information.





2017 MIDLAND COUNTIES INDOOR COMMON ENTRY FORM

PLEASE INDICATE WHICH MEETING YOU ARE ENTERING

Surname First Names

(Women recently married please give previous surname as well)

Address

.....Post Code

EA reg no..... Club.....

Tel No Evening.....Mobile.....

E-mail Tel No Daytime.....

Age Group for which you are entering: (please tick)

- Senior Men () Senior Women () U20 Men () U20 Women ()
- U17 Men () U17 Women () U15 Boys () U15 Girls ()
- U13 Boys () U13 Girls () IPC Classification ()

Date of Birth..... U20's only age on 31.8. 2017.....

Place of Birth..... (Mid Champs only)

Drug statement read ()

I wish to enter the following events: 2016 Best POOL Fee

Admin	£2.00
Total	

INFORMATION FOR U13 QUADRATHLON

EVENT	PB
60m	
Shot	
Long Jump	
High Jump	

Cheque/ PO value enclosed, payable to MCAA ←

I declare that I am eligible to compete under UKA Rules and that I am eligible to compete in the Midland Counties Athletics Championship on the grounds of - *Birth / *Residence (*delete whichever does not apply) 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)

Please return completed forms to: Midland Counties Athletic Association, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR

PLEASE ENSURE THAT THERE IS AN EMAIL ADDRESS ON YOUR PAPER ENTRY TO ENSURE YOU GET THE PAPERWORK.

ONLINE ENTRY FOR ALL EVENTS WILL BE AVAILABLE AND THE LINK WILL BE

<http://mcaa.athletics-uk.org/>

UKA RULE 141 S1 APPLIES – athletes may chose to compete in an age group above their own subject to the limitations in rule 141.