



# MIDLAND COUNTIES ATHLETIC ASSOCIATION 2019 OUTDOOR TRACK & FIELD CHAMPIONSHIPS



Supported by



Competitions Held Under UKA Rules/IPC Rules

**MIDLAND SENIOR & U20 CHAMPIONSHIPS**  
Including PARALLEL SUCCESS events  
PINGLES STADIUM, NUNEATON  
SATURDAY/SUNDAY 1/2 JUNE 2019

ONLINE ENTRY CLOSING DATE 12 MAY 2019

**MIDLAND SENIOR & U20 10000m CHAMPIONSHIPS**  
*Races to be held at the conclusion of the U17 & U15 programme  
of 10<sup>th</sup> August at Pingles Stadium, Nuneaton*

ONLINE ENTRY CLOSING DATE 14 JULY 2019

**MIDLAND U17/U15/U13 CHAMPIONSHIPS**  
PINGLES STADIUM, NUNEATON  
SATURDAY/SUNDAY 10/11 AUGUST 2019

ONLINE ENTRY CLOSING DATE 14 JULY 2019

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

- ❖ The athlete having been born in the Midlands.
- ❖ A minimum of 9 months continuous residence in the Midlands 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 only compete in **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**

Senior/U20 Championships	Senior £10	U20s £9
U17/U15/U13(Quadrathlon) Championships:	U17/U15/13s £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**

ONLINE ENTRY FOR ALL EVENTS WILL BE AT  
<https://events.englandathletics.org/event/search>

**UKA RULE 141 S2 APPLIES** – athletes may choose to compete in an age group above their own subject to the limitations in rule 141.

- PLEASE NOTE** (i) **THAT THE ORGANISERS RESERVE THE RIGHT TO REFUSE ENTRIES AND REVISE DATES WHERE NECESSARY AND CLOSE ALL ENTRIES AT ANYTIME ON THE CLOSING DATE**  
(ii) **ENTRIES MAY BE RESTRICTED DUE TO EXCESSIVE NUMBERS  
ENTRIES MAY BE CLOSED BEFORE STATED CLOSING DATE DUE TO EXCESSIVE ENTRIES**  
(iii) **ANY ATHLETE WHO COMPETES OVER 2 DAYS MUST RE-REGISTER ON THE 2<sup>ND</sup> DAY.  
FAILURE TO DO SO WILL RESULT IN NOT BEING ALLOWED TO COMPETE**

## 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](http://www.globaldro.com). For information on testing procedures please visit [www.100percentme.co.uk](http://www.100percentme.co.uk). The UKA Anti-Doping Rules are available at [www.uka.org.uk](http://www.uka.org.uk). For general anti-doping queries please contact [cleanathletics@uka.org.uk](mailto:cleanathletics@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.

[www.midlandathletics.org.uk](http://www.midlandathletics.org.uk)



[www.englandathletics.org](http://www.englandathletics.org)

[www.britishathletics.org.uk](http://www.britishathletics.org.uk)



**MIDLAND SENIOR/U20 CHAMPIONSHIP EVENTS**  
**SATURDAY/SUNDAY 1/2 JUNE 2019**  
**PINGLES STADIUM NUNEATON**

**PROGRAMME OF EVENTS**

<b>Saturday 1 June Senior/U20 Championships</b>	Senior Men	200m, 800m, 3k S/C, 400mH, <b>5000m Pole Vault SH: 3.00</b> , Long Jump, Shot, Discus
	Under 20 Men	200m, 800m, 2k S/C, 400mH, <b>5000m Pole Vault SH:2.70</b> , Long Jump, Shot, Discus
	Senior Women	100m, 400m, 1500m, 3000m 100mH, High Jump <b>SH:1.50</b> , Triple Jump <b>9/11m Bd</b> , Hammer, Javelin
	Under 20 Women	100m, 400m, 1500m, 3000m, 100mH, High Jump <b>SH:1.40</b> , Triple Jump <b>9/11m Bd</b> , Hammer, Javelin
<b>Sunday 2 June Senior/U20 Championships</b>	Senior Men	100m, 400m, 1500m, 3000m, 110mH, High Jump <b>SH:1.70</b> , Triple Jump <b>11/13m Bd</b> , Hammer, Javelin
	Under 20 Men	100m, 400m, 1500m, 3000m, 110mH, High Jump <b>SH:1.60</b> , Triple Jump <b>11/13m Bd</b> , Hammer, Javelin,
	Senior Women	200m, 800m, 2k S/C, 400mH, <b>5000m Pole Vault SH:2.50</b> , Long Jump, Shot, Discus
	Under 20 Women	200m, 800m, 2k S/C, 400mH, <b>5000m Pole Vault SH:2.50</b> , Long Jump, Shot, Discus

**MIDLAND SENIOR & U20 5000m CHAMPIONSHIPS**

*ONLINE ENTRY CLOSING DATE - 12 May 2019*

**Entry fees Seniors £10 per event U20s £9 per event**



**BRITISH  
ATHLETICS**

**PARALLEL SUCCESS**

<b>Parallel Success Events</b>  100/200 Standalone M&W events, alongside mainstream finals 400/1500 integrated within mainstream heats (unless entries standalone PS)	- 100/200/400/1500/Long	Ambulant
	- 100/200/400/ (800)	WCR
	- Shot / Discus / Javelin	Ambulant
	- Discus / Club	Seated Max entry of x 6-8 in total
	- Shot / Javelin	Seated Max entry of x6-8 in total
<b>Preference Will be given to Midland Athletes for Seated Throws</b>		



[www.Englandathletics.org](http://www.Englandathletics.org)



**Age Groups**

**Senior Men/Women**  
**Under 20 Men/Women**

At least 20 years of age on 31 December 2019  
 Over 17 but under 20 on 31 December 2019



**MIDLAND U17/U15/U13 CHAMPIONSHIPS SATURDAY/SUNDAY 10/11 AUGUST 2019**  
**PINGLES STADIUM NUNEATON**

**PROGRAMME OF EVENTS**

<b>Saturday 10 August U17 U15 U13 Championships</b>	Under 17 Men	100m, 400m, 1500m, 100mH, High Jump <b>SH:1.50</b> , Pole Vault <b>SH:2.50</b> , Hammer, Javelin
	Under 15 Boys	100m, 300m, 1500m, 80mH, Long Jump, Pole Vault <b>SH:2.20</b> , Hammer, Javelin
	Under 13 Boys	Quadrathlon
	Under 17 Women	200m, 800m, 3000m, 1500m S/C, 300mH, Triple Jump <b>9/11m Bd</b> , Hammer, Javelin
	Under 15 Girls	200m, 1500m, High Jump <b>SH:1.20</b> , Hammer, Javelin
<b>Sunday 11 August U17 U15 U13 Championships</b>	Under 17 Men	200m, 800m, 3000m, 1500m s/c, 400mH, Long Jump, Triple Jump <b>11/13m Bd</b> , Shot, Discus
	Under 15 Boys	200m, 800m, 3000m High Jump <b>SH:1.40</b> , Triple Jump <b>9/11m Bd</b> , Shot, Discus
	Under 17 Women	100m, 300m, 1500m, 80mH, High Jump <b>SH:1.30</b> , Pole Vault <b>SH:2.20</b> , Long Jump, Shot, Discus
	Under 15 Girls	100m, 800m, 3000m, 75mH, Pole Vault: <b>SH 2.20</b> , Long Jump, Shot, Discus
	Under 13 Girls	Quadrathlon

**QUADRATHLON – 1 COMPETITION CONSISTING OF THE EVENTS BELOW**

<b>100m</b>
<b>600m</b>
<b>Long Jump</b>
<b>Shot</b>

**Entry fees: £8 per event (Quadrathlon is counted as 1 event)**

**Closing date: Online entries 14 July 2019**

**Age Groups**

<b>U17 Men/Women</b>	Over 15 but under 17 on 31 August 2019
<b>U15 Boys/Girls</b>	Over 13 but under 15 on 31 August 2019
<b>U13 Boys/Girls</b>	Over 11 but under 13 on 31 August 2019

**Senior 10000m Races to be held at the conclusion of the U15 & U17 event on 10<sup>th</sup> August 2019 at the Pingles Stadium, Nuneaton**

## ELIGIBILITY CONDITIONS OF ENTRY TO AREA TRACK & FIELD 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 AA 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.**

### **Parallel Success Events:**

- UK Classification, aged 11yrs+
- Open to all UK club athletes, including Home Countries. Club vests must be worn.
- Field Implements: Senior Weights Only
- Seated Throws: Limited to 6-8 entries (Preference given to Midlands Athletes)
- Medals: Awarded to highest scoring M&W performance, based on Raza Points
- All results recognised for UK Rankings and IPC Approval

## GENERAL CONDITIONS OF ENTRY

### 1 UK ATHLETICS RULES

All events will be subject to UKA/IAAF Rules for Competition.

### 2 EVENT RESTRICTIONS

The Organisers reserve 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. The Organisers reserve the right to change the day of an advertised event.

### 3 UKA RULE 107 APPLIES – athletes may choose to compete in an age group above their own subject to the limitations in rule 107.

### 4 CLUB MEMBERSHIP AND CLOTHING

After one year of competition, an athlete must be a member of a club affiliated directly or indirectly to England Athletics/UK Athletics. Athletes who are club members must wear club vests or alternatively a County, Territorial 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.

### 5 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 one hour 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.

### 6 ENTRIES

- ❖ 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.

## **COACHES**

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