



**MIDLAND COUNTIES ATHLETIC ASSOCIATION
2016 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 11/12 JUNE 2016**

*PAPER ENTRY CLOSING DATE 11 MAY 2016
ONLINE ENTRY CLOSING DATE 24 MAY 2016*

**MIDLAND SENIOR & U20 3000m CHAMPIONSHIPS
SATURDAY 20 AUGUST 2016
COVENTRY**

*PAPER ENTRY CLOSING DATE 23 JULY 2016
ONLINE ENTRY CLOSING DATE 5 AUGUST 2016*

**MIDLAND U17/U15/U13 CHAMPIONSHIPS
PINGLES STADIUM, NUNEATON
SATURDAY/SUNDAY 13/14 AUGUST 2016**

*PAPER ENTRY CLOSING DATE 12 JULY 2016
ONLINE ENTRY CLOSING DATE 25 JULY 2016*

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.

ONLINE ENTRY FEES PER EVENT (PAPER ENTRIES CARRY A £2 SUPPLEMENT PER EVENT)

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

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.

www.midlandathletics.org.uk



www.englandathletics.org

www.britishathletics.org.uk





MIDLAND SENIOR/U20 CHAMPIONSHIP EVENTS SATURDAY/SUNDAY 11/12 JUNE 2016
PINGLES STADIUM NUNEATON

PROGRAMME OF EVENTS

Saturday 11 June Senior/U20 Championships	Senior Men	200m, 800m, 3k S/C, 400mH, Pole Vault SH: 3.00 , Long Jump, Shot, Discus
	Under 20 Men	200m, 800m, 2k S/C, 400mH, Pole Vault SH:2.70 , Long Jump, Shot, Discus
	Senior Women	100m, 400m, 1500m, 100mH, High Jump SH:1.50 , Triple Jump 9/11m Bd , Hammer, Javelin
	Under 20 Women	100m, 400m, 1500m, 5000m, 100mH, High Jump SH:1.40 , Triple Jump 9/11m Bd , Hammer, Javelin
Sunday 12 June Senior/U20 Championships	Senior Men	100m, 400m, 1500m, 5000m, 110mH, High Jump SH:1.70 , Triple Jump 11/13m Bd , Hammer, Javelin
	Under 20 Men	100m, 400m, 1500m, 110mH, High Jump SH:1.60 , Triple Jump 11/13m Bd , Hammer, Javelin,
	Senior Women	200m, 800m, 2k S/C, 400mH, Pole Vault SH:2.50 , Long Jump, Shot, Discus
	Under 20 Women	200m, 800m, 2k S/C, 400mH, Pole Vault SH:2.50 , Long Jump, Shot, Discus

MIDLAND SENIOR & U20 3000m CHAMPIONSHIPS
SATURDAY 20 AUGUST 2016 - COVENTRY

PAPER ENTRY CLOSING DATE - 23 JULY 2016

ONLINE ENTRY CLOSING DATE - 5 AUGUST 2016

Entry fees: Seniors £10 per event

U20s £9 per event



**BRITISH
ATHLETICS**

PARALLEL SUCCESS

Parallel Success Events 100/200 Standalone M&W events, alongside mainstream finals i400/1500 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 x 6-8 in total
Preference Will be given to Midland Athletes for Seated Throws		



www.Englandathletics.org



Age Groups

Senior Men/Women
Under 20 Men/Women

At least 20 years of age on 31 December 2016
 Over 17 but under 20 on 31 December 2016



MIDLAND U17/U15/U13 CHAMPIONSHIPS SATURDAY/SUNDAY 13/14 AUGUST 2016
PINGLES STADIUM NUNEATON

PROGRAMME OF EVENTS

Saturday 13 August U17 U15 U13 Championships	Under 17 Men	100m, 400m, 1500m, 100mH, High Jump SH:1.50 , Pole Vault SH:2.50 , Hammer, Javelin
	Under 15 Boys	100m, 300m, 1500m, 80mH, Long Jump, Pole Vault SH:2.20 , Hammer, Javelin
	Under 13 Boys	Quadrathlon
	Under 17 Women	200m, 800m, 3000m, 1500m S/C, 300mH, Triple Jump 9/11m Bd , Hammer, Javelin
	Under 15 Girls	200m, 1500m, High Jump SH:1.20 , Hammer, Javelin
Sunday 14 August U17 U15 U13 Championships	Under 17 Men	200m, 800m, 3000m, 1500m s/c, 400mH, Long Jump, Triple Jump 11/13m Bd , Shot, Discus
	Under 15 Boys	200m, 800m, 3000m High Jump SH:1.40 , Triple Jump 9/11m Bd , Shot, Discus
	Under 17 Women	100m, 300m, 1500m, 80mH, High Jump SH:1.30 , Pole Vault SH:2.20 , Long Jump, Shot, Discus
	Under 15 Girls	100m, 800m, 3000m, 75mH, Pole Vault: SH 2.20 , Long Jump, Shot, Discus
	Under 13 Girls	Quadrathlon

QUADRATHLON – 1 COMPETITION CONSISTING OF THE EVENTS BELOW

100m
High Jump
Long Jump
Shot

Entry fees: Online £8 per event, paper £10 per event

Closing dates: Paper entries 12 July 2016

Online entries 25 July 2016

Age Groups

**U17 Men/Women
U15 Boys/Girls
U13 Boys/Girls**

Over 15 but under 17 on 31 August 2016
Over 13 but under 15 on 31 August 2016
Over 11 but under 13 on 31 August 2016



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

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

- ❖ **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



2016 MIDLAND COUNTIES OUTDOOR COMMON ENTRY FORM

PAPER ENTRY FEES (INCLUDING £2 SUPPLEMENT)

Senior/U20 Championships: Senior £12 U20s £11

U17/U15/U13 (Quadrathlon) Championships: U17/U15/13s £10

MIDLAND SENIOR/U20 CHAMPIONSHIPS 11/12 JUNE **or 3000m CHAMPIONSHIPS 20 AUGUST**

MIDLAND U17/U15/U13 CHAMPIONSHIPS 13/14 AUGUST

Surname First Names

(Women recently married please give previous surname)

Address

.....Post Code

EA reg no.....Tel No Evening

Mobile..... Club.....

E-mail**please include an email address to get the information for the events**

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 T () F ()

I have read the Drug testing information

Date of Birth..... **U20's only** age on 31.8. 2016

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

I wish to enter the following events: 2015 Best

1.

2.

3.

4.

5.....

INFORMATION FOR U13 QUADRATHLON 13/14 AUGUST

EVENT	PB
100m	
Shot	
Long Jump	
High Jump	

Cheque value enclosed, payable to MCAA (Please include name of Athlete on reverse of cheque)

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.

ONLINE ENTRY FOR ALL EVENTS WILL BE AVAILABLE AT:

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

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