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MIDLAND COUNTIES ATHLETIC ASSOCIATION

**2018 INDOOR MEETINGS**

 ***Competitions Held Under UKA/IPC Rules***

**ATHLETICS DIRECT 1th OPEN MEETING - ALEXANDER STADIUM HPC**

**Saturday/Sunday 6/7 January 2018**

**Including outdoor throws**

***PAPER ENTRY CLOSING DATE 8th DECEMBER 2017***

***ONLINE ENTRY CLOSING DATE 21st DECEMBER 2017***

**ATHLETICS DIRECT 2nd OPEN MEETING - ALEXANDER STADIUM HPC**

**Saturday/Sunday 27/28 January 2018**

**Including outdoor throws**

***PAPER ENTRY CLOSING DATE 5h JANUARY 2018***

***ONLINE ENTRY CLOSING DATE 12h JANUARY 2018***

**ATHLETICS DIRECT MIDLAND CHAMPIONSHIPS Part 1**

**ALEXANDER STADIUM HPC**

**Saturday /Sunday 10/11 February 2018**

**60m, 60m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Shot**

**Senior, U20, U17 Men & Women, U15 Boys & Girls**

***PAPER ENTRY CLOSING DATE 10th JANUARY 2018***

***ONLINE ENTRY CLOSING DATE 14th JANUARY 2018***

**ATHLETICS DIRECT MIDLAND CHAMPIONSHIPS Part 2**

**& BIRMINGHAM GAMES OPEN**

**ARENA BIRMINGHAM**

**Saturday 24 February2018**

***PAPER ENTRY CLOSING DATE 15th JANUARY 2018***

***ONLINE ENTRY CLOSING DATE 24th JANUARY 2018***

**ATHLETICS DIRECT 3rd OPEN MEETING - ALEXANDER STADIUM HPC**

**Saturday/Sunday 17/18 March 2018**

**Including outdoor throws**

***PAPER ENTRY CLOSING DATE 27th FEBRUARY 2018***

***ONLINE ENTRY CLOSING DATE 3rd March2018***

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

* **The athlete having been born within 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 Championship in a calendar year – January to December.

**ENTRY FEES PER EVENT – ONLINE ENTRIES ARE PREFERRED**

**Paper Entries Available which will incur a £2 Admin Fee**

**1st/2nd/3rdOpen Meetings:** Senior £9 U20’s £8 U17/U15/U13’s £7

**Midland Championships:** Senior £11 U20’s £10 U17/U15 £9

**Birmingham Games Open:** Senior £11 U20’s £10

**COACHES**

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

**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/**](http://mcaa.athletics-uk.org/)

**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**



MIDLAND COUNTIES ATHLETIC ASSOCIATION

**2018 INDOOR MEETINGS**

 ***Competitions Held Under UKA/IPC Rules***

**Age Groups**

**Senior Men/Women** At least 20 years of age on 31st December 2018

**U20 Men/Women** Over 17 but under 20 on 31 December 2018

**U17 Men/Women** Over 15 but under 17 on 31 August 2018

**U15 Boys/Girls** Over 13 but under 15 on 31 August 2018

**U13 Boys/Girls** Over 11 but under 13 on 31 August 2018

**ATHLETICS DIRECT 1st OPEN 6th/7th JANUARY 2018**

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

**Saturday 6th January 2018 MEN & WOMEN**

|  |  |  |
| --- | --- | --- |
| **Senior/U20/U17/U15/U13** | Long Jump & High Jump | Number of Horizontal jumps dependent on entries |
| **Senior/U20/U17/U15** | Pole Vault & Triple Jump | Number of Horizontal jumps dependent on entries |
| **Senior/U20/U17/U15** | Javelin & Hammer | Number of throws dependent on entries |

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A 7/9m, Board B 11m, Board C 13m

***Please ensure that you enter the relevant pool/board for your event***

**Sunday 7th January 2018 MEN & WOMEN**

|  |  |  |
| --- | --- | --- |
| **Senior/U20/U17/U15/U13** | 60m & 60m Hurdles | **2 races per event per 1 payment** |
| **Senior/U20/U17/U15/U13** | Shot | Number of throws dependent on entries |
| **Senior/U20/U17/U15** | Discus  | Number of throws dependent on entries |

**ATHLETICS DIRECT 2nd OPEN 27th/28th JANUARY 2018**

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

**Saturday 27th January 2018 MEN & WOMEN**

|  |  |  |
| --- | --- | --- |
| **Senior/U20/U17/U15/U13** | Long Jump & High Jump | Number of Horizontal jumps dependent on entries |
| **Senior/U20/U17/U15** | Pole Vault & Triple Jump | Number of Horizontal jumps dependent on entries |
| **Senior/U20/U17/U15** | Javelin & Hammer | Number of throws dependent on entries |

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A 7/9m, Board B 11m, Board C 13m

***Please ensure that you enter the relevant pool/board for your event***

**Sunday 28th January 2018 MEN & WOMEN**

|  |  |  |
| --- | --- | --- |
| **Senior/U20/U17/U15/U13** | 60m & 60m Hurdles | **2 races per event per 1 payment** |
| **Senior/U20/U17/U15/U13** | Shot | Number of throws dependent on entries |
| **Senior/U20/U17/U15** | Discus  | Number of throws dependent on entries |

**ATHLETICS DIRECT MIDLAND CHAMPIONSHIPS 10th FEBRUARY 2018**

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

**Saturday 10th February 2018**

|  |  |
| --- | --- |
| **Senior Men & Women** | LJ, HJ, PV, TJ |
| **U20 Men & Women** | LJ, HJ, PV, TJ |
| **U17 Men & Women** | LJ, HJ, PV, TJ |
| **U15 Boys & Girls** | LJ, HJ, PV, TJ (U15 Boys) |

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A - Boys (U15) 7/9m, Board B - Women (U17, U20, Senior) 9/11m, Board C - Men (U17, U20, Senior) 11/13m

***Please ensure that you enter the relevant pool/board for your event***

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

**ATHLETICS DIRECT MIDLAND CHAMPIONSHIPS 11th FEBRUARY 2018**

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

**Sunday 11th February 2018 MEN & WOMEN**

|  |  |
| --- | --- |
| **Senior/U20 Men & Women** | 60mH, 60m (Heats / Seeded Finals) |
| **U17 Men & Women** | 60mH, 60m (Heats / Seeded Finals) |
| **U15 Boys & Girls** | 60mH, 60m (Heats / Seeded Finals) |

**All competitors will be eligible for seeded heats and using times from these to seeded Finals**

**ATHLETICS DIRECT MIDLAND CHAMPIONSHIPS & BIRMINGHAM GAMES OPEN**

**24th FEBRUARY 2018**

IPC/UKA Classification Ambulant Only

**Circular races for Midland Athletes Only (Championships)**

|  |  |  |
| --- | --- | --- |
| **Senior, U20, U17 Men & Women, U15 Boys & Girls** | 200m, 300/400m, 800m, 1500m **(Midland Athletes ONLY)** | Heats & Finals – Format dependent upon number of entries |
| **Senior Men & Women** **OPEN EVENT** | 60m | Heats & Finals – Format dependent upon number of entries |
| **Senior, U20, U17 Men & Women U15 Boys & Girls****OPEN EVENTS** | LJ, HJ, PV, TJ (U15 Boys) | Number of Trials for horizontal jumps dependent on entries |
| **3k Walk** | Subject to entries |

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A - Boys (U15) 7/9m, Board B - Women (U17, U20, Senior) 9/11m, Board C - Men (U17, U20, Senior) 11/13m

***Please ensure that you enter the relevant pool/board for your event***

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

**ATHLETICS DIRECT 3rd OPEN 17th/18th MARCH 2018**

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

**Saturday 17th March 2018 MEN & WOMEN**

|  |  |  |
| --- | --- | --- |
| **Senior/U20/U17/U15/U13** | Long Jump & High Jump | Number of Horizontal jumps dependent on entries |
| **Senior/U20/U17/U15** | Pole Vault & Triple Jump | Number of Horizontal jumps dependent on entries |
| **Senior/U20/U17/U15/U13** | Shot | Number of throws dependent on entries |
| **Senior/U20/U17/U15** | Discus | Number of throws dependent on entries |

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A 7/9m, Board B 11m, Board C 13m

***Please ensure that you enter the relevant pool/board for your event***

**Sunday 18th March 2018 MEN & WOMEN**

|  |  |  |
| --- | --- | --- |
| **Senior/U20/U17/U15/U13** | 60m & 100m60m Hurdles | **1 race at each distance per payment** |
| **U13 Girls****U13 Boys/U15 Girls****U15 Boys/U17 Women****U17 Men/U20 Women/Senior Woman****U20 Men/Senior Men** | 70m Hurdles75m Hurdles80m Hurdles100m Hurdles110m Hurdles | **1 race at each distance per payment** |
| **Senior/U20/U17/U15** | Javelin & Hammer | Number of throws dependent on entries |

**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

1. born within the Midland Counties Competition Area

OR

1. 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 141.

**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 ONLINE entries**

* **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.



**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*** ***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.







**2018 MIDLAND COUNTIES INDOOR COMMON ENTRY FORM**

**PLEASE CIRCLE WHICH MEETING YOU ARE ENTERING (1ST Open) (2ND Open) (Midland Champs) (3RD Open)**

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 31.08.2018)**……….....................

Place of Birth....................................................................… **(Midland Championships only)**

Drug statement read ( )

I wish to enter the following events: 2017 Best POOL Fee

|  |  |  |  |
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 **Admin £2.00**

 **Total**

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 F.A.O. Val Day

**PLEASE ENSURE THAT THERE IS AN EMAIL ADDRESS ON YOUR PAPER ENTRY TO ENSURE YOU RECIEVE**

**THE PAPERWORK.**

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

[**http://mcaa.athletics-uk.org/**](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.