

LANCASHIRE ATHLETIC ASSOCIATION
TRACK & FIELD CHAMPIONSHIPS 2009

FOR THE ATTENTION OF ALL ATHLETES, COACHES, CLUBS, OFFICIALS, PARENTS

Closing date **18th April 2009** – **NO LATE ENTRIES** will be accepted.

NEW EVENTS:- 3000m Women's Steeplechase – U/13 Boy's & Girl's Discus and Javelin

ALL ATHLETES MUST DECLARE THAT THEY INTEND TO COMPETE IN AN EVENT AT LEAST 30 MINUTES BEFORE THE START TIME OF EACH EVENT, EACH DAY. NO LATE DECLARATIONS WILL BE ACCEPTED, AS SEEDING HAS TO BE COMPLETED BEFORE THE START OF EACH RACE.

TRACK ATHLETES WILL NOT BE ALLOWED TO COMPETE BY TURNING UP AT THE START OF A RACE UNLESS THEY HAVE DECLARED BEFORE HAND.

YOUR Registration Number **MUST BE** on the entry form.

NUMBER TO BE WORN BACK AND FRONT IN ALL EVENTS, EXCLUDING POLE VAULT AND HIGH JUMP.

NUMBERS MUST NOT BE CUT OR FOLDED (UKA Rule 18)

NO PINS WILL BE AVAILABLE. YOU WILL HAVE TO PROVIDE YOUR OWN.

ONLY CLUB - COUNTY - TERRITORIAL - NATIONAL VESTS will be permitted.

NOTE ONLY ONE LOGO, EITHER ON VEST OR SHORTS. (UKA Rule 17)

Programmes will be on sale listing competitors' numbers, timetable etc., during the weekend.

PLEASE NOTE: UKA Rule 115(3) Athletes shall be excluded from participating in further events, including relays, when they have qualified in preliminary rounds or heats for further participation in any event but then do not compete further without giving valid reason to the Referee. If a meeting extends over more than one day the exclusion shall apply to all subsequent events of the meeting.

Results will be available, as soon as possible, after each event has finished posted on the back wall of the stand.

Presentations will take place, as soon as possible, after each event has been completed and results verified.

The 4x100m relays are compiled of 4 members being of the same sex and age group. Except the Under 20 and Senior relays which are a combination of the two age groups

WE ASK, PLEASE, THAT EVERY ATHLETE IS AWARE OF THE ABOVE RULES AND INFORMATION SO THAT WE CAN ENSURE THE CHAMPIONSHIPS RUN SMOOTHLY AND THEREFORE DO NOT HAVE TO DISAPPOINT YOU.

GOOD LUCK TO ALL COMPETITORS

Entry Forms can be found on the Lancashire AA, Northern and most Lancashire Clubs Web Sites.
All results will be posted on web sites

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LANCASHIRE ATHLETIC ASSOCIATION
TRACK & FIELD CHAMPIONSHIPS

SATURDAY 9th & SUNDAY 10th MAY 2009 AT STANLEY PARK ARENA.

Under U.K.A Rules

The meeting on both days start at **10.00am FIELD – 11.30am TRACK**

PLEASE CHECK YOUR AGE GROUP BEFORE COMPLETING THIS FORM

Under 13 Boy or Girl	11 or 12 at Midnight 31 st August/1 st September 2009
Under 15 Boy or Girl	13 or 14 at Midnight 31 st August/1 st September 2009
Under 17 Man or Woman	15 or 16 at Midnight 31 st August/1 st September 2009
Under 20 Man or Woman	17 or 18 or 19 at Midnight 31 st December 2009/1 st January 2010

SATURDAY

100m	All Age Groups Male & Female
300m	U17W, U15G
400m	SM, U20M, U17M, U15B, SW, U20W
1500m	All Age Groups Male & Female
5000m	SM, VM, SW, VW
U15G	
70mH	U13G
75mH	U13B, U15G
80mH	U15B, U17W
100mH	U17M, U20W, SW
110mH	SM, U20M
Long Jump	All Female Age Groups
Triple Jump	SM, U20M, U17M, U15B
High Jump	All Male Age Groups
Javelin	SW, U20W, U17W, U15G, U13G
Discus	SM, U20M, U17M, U15B, U13B
Shot Putt	All Male Age Groups
Hammer	SM, U20M, U17M, U15B

SUNDAY

200m	All Age Groups Male & Female
300mH	U17W
400mH	SM, U20M, U17M, SW, U20W
800m	All Age Groups Male & Female
3000m	U20M, U20W, U17M, U17W, U15B,
1500mS/C	U17M
2000mS/C	U20M
3000mS/C	SM, SW
Pole Vault	SM, U20M, U17M, SW, U20W, U17W, U15B, U15G
Long Jump	All Male Groups
Triple Jump	SW, U20W, U17W
High Jump	All Female Age Groups
Javelin	SM, U20M, U17M, U15B, U13B
Discus	SW, U20W, U17W, U15G, U13G
Shot Putt	All Female Age Groups
Hammer	SW, U20W, U17Wm, U15G

CLOSING DATE FOR ENTRIES IS THE 18th APRIL 2009

STARTING HEIGHT FOR HIGH JUMP	SM= 1.60, U20M=1.50, U17M=1.40, U15B=1.30, U13B=1.20 SW=1.40, U20W=1.40, U17W=1.30, U15G=1.20, U13G=1.15
STARTING HEIGHT FOR POLE VAULT	SM=2.75, U20M=2.50, U17M=2.30 SW, U20W, U17W = 1.80 U15B = 1.70, U15G = 1.60

IMPORTANT

NUMBERS MUST BE COLLECTED FROM REGISTRATION AT LEAST 30 MINUTES BEFORE THE START OF YOUR EVENT. PLEASE ENSURE THAT YOU DECLARE FOR EACH EVENT IN WHICH YOU INTEND TO COMPETE – FAILURE TO DO SO MAY RESULT IN YOU BEING EXCLUDE FROM THE EVENT.

PLEASE SEND A STAMPED ADDRESSED ENVELOPE IF YOU REQUIRE A TIMETABLE, WHICH WILL ALSO BE POSTED ON WEB SITES

All events will be contested, even if only one athlete enters.

NOTE ONLY ONE LOGO, EITHER ON VEST OR SHORTS

PLEASE NOTE:

**YOU MUST DECLARE YOUR INTENTION TO COMPETE
EACH DAY
AT LEAST 30 MINUTES BEFORE EACH EVENT**

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LANCASHIRE TRACK & FIELD CHAMPIONSHIPS
SATURDAY 9th & SUNDAY 10th MAY 2009 AT STANLEY PARK ARENA
PLEASE COMPLETE ENTRY FORMS IN CAPITAL LETTERS

- * SURNAME.....* FIRST NAME.....
- * ADDRESS.....
-* POST CODE.....
- * TEL NO:* UK REGISTRATION NO.....
- * CLUB.....* DATE OF BIRTH.....
- AGE GROUP.....* MALE or FEMALE.....
 PLEASE ENSURE THAT ALL MARKED - ' * ' - ARE FILLED IN - REGISTRATION NUMBER IS IMPORTANT

EVENTS I WISH TO ENTER – TRACK EVENTS PLEASE STATE PERSONAL BEST TIMES
UNDER 13'S – UNDER 15'S – UNDER 17'S ARE ONLY ALLOWED 3 EVENTS PER DAY
N.B. U/15 Boys & Girls can compete in either the 800m or 3000m, not both, on the Sunday UKA rule 107 (3
iv)

SATURDAY 9th MAY 2009		SUNDAY 10th MAY 2009	
EVENT	PERSONAL BEST	EVENT	PERSONAL BEST

I HEREBY DECLARE THAT a) I am an Amateur as defined by U.K. Athletics Rules
 b) I am qualified to compete in the L.A.A. Track & Field Championships by virtue of

***BIRTH – TOWN** or **RESIDENCE.....**Please tick appropriate one.
 I am not ineligible through competing in the Championship of another County or by representing another County in an Inter-County Championship

Signed.....Date.....2009
 Counter Signature of Parent or Guardian if under 17 years of age

ENTRY FEES: U13, U15 BOYS & GIRLS & U17 MEN & WOMEN
£4.00 PER EVENT - £10 FOR 3 EVENTS ON SAME DAY per Athlete
U20, SENIOR, VETS MEN & WOMEN - £4.50 PER EVENT - £12 FOR 3 EVENTS ON SAME DAY per athlete
PLEASE PUT YOUR NAME & ADDRESS ON THE BACK OF YOUR CHEQUE
CROSSED CHEQUES/POSTAL ORDERS MUST BE MADE PAYABLE TO
LANCASHIRE ATHLETIC ASSOCIATION
CHEQUES OR POSTAL ORDERS ONLY ENSURING THE CORRECT POSTAGE STAMP IS ON YOUR ENVELOPE TO AVOID SURCHARGES.

FOR A TIMETABLE: PLEASE ENCLOSE A STAMPED ADDRESSED ENVELOPE
This will be sent out approximately 1 week after the closing date –Timetable will be posted on the Lancashire Web www.lancsaa.co.uk

ENTRY FORMS TO: T & F CHAMPIONSHIPS
66 AINTREE ROAD, THORNTON-CLEVELEYS, LANCASHIRE FY5 5HP