



**ENGLAND ATHLETICS**  
Growing the next generation of champions

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

# INDOOR2010

→ **AVIVA  
ENGLAND ATHLETICS,  
OPEN UNDER 20, 17 & 15  
INDOOR CHAMPIONSHIPS**

**27h - 28th February 2010**

NIA BIRMINGHAM

Registration Form 2010



Return entry form on page 3 with entry fee to  
England Athletics Ltd, Wellington House, Starley Way,  
Birmingham International Park, Solihull. B37 7HB  
Tel: 0121 781 7271 / 7289

**Special deal on accommodation with Premier Inn and England Athletics**  
To visit the special booking page go to [www.premierinn.com/athletics](http://www.premierinn.com/athletics)

**20** → **10**

Enter online or download entry forms from the  
England Athletics Website [www.Englandathletics.org](http://www.Englandathletics.org)

→ ALL CHAMPIONSHIPS ARE HELD UNDER UK ATHLETICS RULES





## → AVIVA ENGLAND ATHLETICS OPEN UNDER 20, 17 & 15 INDOOR CHAMPIONSHIPS

**27th - 28th February 2010** NIA BIRMINGHAM

### → ENTRY STANDARDS:

Entries will only be accepted from athletes who have achieved the entry standard in competition after 1st January 2009 (performances indoors and outdoors are acceptable).

→ EVENT	→ U20 Men	→ U20 Women	→ U17 Men	→ U17 Women	→ U15 Boys	→ U15 Girls
60m (100m equiv)	7.5 a 11.1	8.1 a 12.2	7.6 a 11.3	8.3 a 12.4	8.0 a 12.0	8.5 a 12.9
200m	22.5 b	25.5 b	23.5 b	26.2 b	24.5 b	27.0 b
300m				42.0 a/b		
400m	51.0 a/b	59.0 a/b	52.5 a/b		56.0 a/b	
800m	1:55.0 a/b	2:15.0 a/b	2:01.0 a/b	2:18:0 a/b	2:10.0 a/b	2:24.0 a/b
1500m	3:58.0 a/b	4:35.0 a/b	4:10.0 a/b	4:45.0 a/b		
60m Hur (equiv)	8.9 a 110m 15.5	9.5 a 100m 15.4	9.0 a 100m 14.4	10.0 a 80m 12.2	10.0 a 80m 12.2	10.5 a 75m 12.0
High jump	1.90 b	1.60 b	1.85 a	1.60 b	1.65 a	1.50 a
Pole vault	4.20 a	3.00 a	3.70 b	2.80 b	2.70 a	2.20 b
Long Jump	6.40 b	5.45 a	6.20 b	5.30 a	5.50 b	5.00 a
Triple Jump	13.50 a	11.20 b	12.60 a	10.80 b		
Shot	13.00 b	11.00 b	13.00 b	11.00 b	11.80 b	9.50 b

a – Saturday b – Sunday (This depends on entries and is liable to change)

### → ACCOMMODATION:

Contact Linda Lake on: 01543 481338 / 07769691801

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### → CLOTHING:

In all events competitors must wear at least vest and shorts (or equivalent clothing) which are clean and so designed and worn as not objectionable, even if wet. Competitors must wear the vest of their first claim affiliated club, County, Area or National vest.

### → EQUIPMENT:

Athletes may use their own equipment provided it is submitted for checking by the Technical Manager. Only starting blocks provided by the venues may be used.

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### → ANTI DOPING:

All athletes and athlete support personnel are bound by UKA/IAAF Anti Doping Rules (which can be found on the UKA website [www.ukathletics.net](http://www.ukathletics.net)). In particular, athletes should ensure that they register any use of prescribed medication containing prohibited substances prior to any use or (in emergency cases) immediately after use.

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](mailto:antidoping@uka.org.uk).



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## → ENTRY DETAILS

Please complete all the information in the spaces provided

→ SURNAME
→ FIRST NAME
→ CLUB
→ REGISTRATION NUMBER

## → ADDRESS

→ ADDRESS	
→ COUNTY	→ POST CODE
→ DATE OF BIRTH	
→ PHONE NUMBER (DAY)	
→ PHONE NUMBER (MOBILE)	
→ EMAIL ADDRESS	
→ NAME OF COACH	

## → AGE GROUPS

- Under 20** Competitors must be under 20 on 31st December 2010
- Under 17** Competitors are aged 15 or 16 on 31st August 2010
- Under 15** Competitors are aged 13 or 14 on 31st August 2010

Athletes may compete outside their age group as defined in UK: Athletics Rules (Rule 107) but cannot compete in the same event in two different age groups.

## → AGE GROUP

Please tick box

<b>UNDER 15 GIRLS</b>	<input type="checkbox"/>
<b>UNDER 15 BOYS</b>	<input type="checkbox"/>
<b>UNDER 17 WOMEN</b>	<input type="checkbox"/>
<b>UNDER 17 MEN</b>	<input type="checkbox"/>
<b>UNDER 20 MEN</b>	<input type="checkbox"/>
<b>UNDER 20 WOMEN</b>	<input type="checkbox"/>

## → ENTRY INFORMATION

Please complete for each event entering

→ EVENT(S) ENTERING	→ PERSONAL BEST	→ DATE OF PERFORMANCE	→ VENUE

## → ENTRY FEE:

- **£10 ONLINE ENTRY FEE** only at [www.englandathletics.org](http://www.englandathletics.org)
- **£11 WITH A PAPER ENTRY** (Free entry to defending champions)

*(Fee includes automatic entry into Area Championships)*

## → SIGNED

Athletes under age of 16 should have form signed by parent or carer

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Please enclose a cheque made out to England Athletics or a postal order in UK sterling and send with your entry form to:

**England Athletics Ltd,  
Wellington House, Starley Way,  
Birmingham International Park,  
Solihull. B37 7HB**

→ **CLOSING DATE 8TH FEBRUARY 2010**

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