

# Combined Events Championships & Open

Sat 26th & Sun 27th September 2009  
Bedford International Stadium  
Barkers Lane, Bedford MK41 9SA



## Pentathlon (Championships Only)

**Under 15 Boys** 80mH, Shot, LJ, HJ, 800m (Saturday)

**Under 15 Girls** LJ, 75mH, Shot, HJ, 800m (Sunday)

## Heptathlon (Championships & Open)

**Senior Women** 100mH, HJ, Shot, 200m, LJ, Javelin, 800m

**Under 20 Women** 100mH, HJ, Shot, 200m, LJ, Javelin, 800m

**Under 17 Women** 80mH, HJ, Shot, 200m, LJ, Javelin, 800m

## Decathlon (Championships & Open)

**Senior Men** 100m, LJ, Shot, HJ, 400m, 110mH, Discus, PV, Javelin, 1,500m

**Under 20 Men** 100m, LJ, Shot, HJ, 400m, 110mH, Discus, PV, Javelin, 1,500m

## Octathlon (Championships & Open)

**Under 17 Men** LJ, 100mH, Javelin, 400m, HJ, Shot, Discus, 1,500m

## Minithon (NOT part of the Berks, Herts & Middlesex Championships)

**Under 13 Boys** one throw, one jump and one track event (Saturday)

**Under 13 Girls** one throw, one jump and one track event (Saturday)

## 10,000m (Berks, Bucks, Herts, Middlesex & Norfolk Championships & Open)

**Men: Senior, U20** (Sunday)

**Women: Senior, U20** (Sunday)

**Trophies, Medal and Certificates** will be presented in accordance with the rules laid down by each of the participating associations.

**Entry fees:** Decathlon £15, Heptathlon £12, Octathlon £12, Pentathlon £8, Minithon £6, 10,000m £6.

### General Rules:

Club/County/National vest must be worn.

Athletes must register by 9.30am for a 10.30am start.

Registration opens at 9am.

Personal throwing equipment to be handed in for checking by 10am.

Competitors must wear numbers issued and must not fold or deface them.

The Associations reserve the right to refuse entries, vary the programme of events and cancel Championships under extreme circumstances.

**Eastern Athletic Association**  
Incorporating County Championships for  
**Bedfordshire**  
**Berkshire**  
**Buckinghamshire**  
**Cambridgeshire**  
**Hertfordshire**  
**Middlesex**  
**Norfolk**  
**Suffolk**



Supported by



All appropriate sections of the entry form must be completed.  
A valid registration number must be entered for the entry to be accepted.

# ENTRY FORM

**Entry fees:** Decathlon £15, Heptathlon £12, Octathlon £12, Pentathlon £8, Minithon £6, 10,000m £6.

**Entry forms:** With correct entry fee and postage, should be returned by Wed 9th September 2009 to:  
Mrs S Gandee, 4 Westfield Road, Hertford, SG14 3DJ (sally.gandee@talktalkbusiness.net).

All cheques made payable to 'Eastern Athletic Association'. Enclose S.A.E. for acknowledgement/timetable.

## Entry details:

**Event** (Please tick appropriate box)

Pentathlon  Heptathlon  Octathlon  Decathlon  Minithon\*  10,000m

**Age Group** (Please tick appropriate box)

Senior Men  U/20 Men  U/17 Men  U/15 Boys  U/13 Boys\*

Senior Women  U/20 Women  U/17 Women  U/15 Girls  U/13 Girls\*

**Championship Entered** (Please tick appropriate box)

Eastern Athletic Association

Bedfordshire County  Berkshire County  Buckinghamshire County

Cambridgeshire County  Hertfordshire County  Middlesex County

Norfolk County  Suffolk County

**\*Minithon Competitors** (U/13 Girls and U/13Boys) (Please tick one event from each row)

Throw:  Shot  Discus  Javelin )  
 ) 3 trials

Jump:  High Jump  Long Jump )

Run:  100m  200m  800m  Hurdles

## Personal Details

Name  Date of Birth

Address

Post Code

Tel No:  Email:

Club/School

**Registration Number**  **Qualification claimed** (tick one)  Birth  Residence

**Personal bests 2008/9** please fill in all personal bests applicable to the events entered – they are used for seeding purposes to ensure you are in the correct race/pool for the relevant events.

75m Hurdles  80m Hurdles  100m Hurdles

110m Hurdles  100m  200m

400m  800m  1,500m

Pole Vault (PV)  Long Jump (LJ)  High Jump (HJ)

Discus  Javelin  Shot Putt

10,000m

## Entry Fees:

Entry Fee(s) enclosed £

## Declaration:

I hereby declare that I am an amateur according to the eligibility rules of UK Athletics and that I will abide by the rules of competition

Signed

Date