



# ESSEX COUNTY ATHLETIC ASSOCIATION

Incorporating: Essex CAAA Formed 1883 & Essex CWAAA Formed 1947

WEB: <http://www.essexathletics.org.uk/>

EMAIL: [essexaaa.champs@btinternet.com](mailto:essexaaa.champs@btinternet.com)

The County Indoor Championships are being held on Saturday and Sunday 6<sup>th</sup>/7<sup>th</sup> February 2010 at Lee Valley Athletics Centre. Athletes who do not qualify to take part in the Essex or Kent Championships can take part in the 'OPEN' category

**6mm Spikes only are to be used on the track. All spikes will be inspected by Lee Valley staff.**

The provisional **TIMETABLE** is attached showing which day the events are on. The championship is again being held jointly with Kent and there will also be open categories. The **CLOSING DATE** for entries is 15 January 2010. **LATE ENTRIES WILL NOT BE ACCEPTED.**

You are reminded of **Rule 9** – County Qualification. Anybody who does not fulfil this criteria can still take part as an 'Open Entry' and the form can be found on the website. They will, of course, not be eligible for medals etc.

For **INDIVIDUAL** entries the form should be completed in full and sent together with the appropriate remittance of **£5 per event for county championships (Names and addresses must be written on the reverse of all cheques)** There must also be enclosed a stamped A5 size envelope so that an acknowledgement and competitor number can be sent out, hopefully soon after receipt of the application..

Please note envelopes larger than A5 are charged a higher rate of postage and that applications should be sent by ordinary mail.

**Please ensure that the application form is fully completed and signed by the competitor if over 18 or the parent/guardian if under**

You should be aware of the UK Athletics policy on 'Use of Photographic and Video Images of children/young persons under the age of 18', which can be seen on the website

**APPLICATION FORMS** should be sent to, Championship Secretary, Essex AA, 5 Manwood Avenue. Canterbury, Kent CT2 7AE

If you have any **PROBLEMS**, then send an email to the address above.

# Essex County AA Track and Field

## PROVISIONAL TIMETABLE

### INDOOR CHAMPIONSHIPS

Saturday 6<sup>th</sup> February 2009

Sunday 7th February 2009

<b>Senior Men</b>	<b>Senior Women</b>	<b>Senior Men</b>	<b>Senior Women</b>
200m	200m	60m Hurdles	60m Hurdles
400m	400m	60m	60m
1500m	1500m	800m	800m
	High Jump	High Jump	Long Jump
	Pole Vault	Long Jump	Triple Jump *
		Pole Vault	Shot
		Triple Jump *	1 Mile Walk
		Shot	
		1 Mile Walk	
<b>Junior Men</b>	<b>Junior Women</b>	<b>Junior Men</b>	<b>Junior Women</b>
200m	200m	60m Hurdles	60m Hurdles
400m	400m	60m	60m
1500m	1500m	800m	800m
	High Jump	High Jump	Long Jump
	Pole Vault	Long Jump	Triple Jump *
		Triple Jump *	Shot
		Pole Vault	1 Mile Walk
		Shot	
		1 Mile Walk	
<b>U17 Men</b>	<b>U17 Women</b>	<b>U17Men</b>	<b>U17Women</b>
60m	60m	60m Hurdles	60m Hurdles
400m	400m	200m	200m
1500m	1500m	800m	800m
	Pole Vault	High Jump	Shot
	High Jump	Long Jump	1 Mile Walk
	Long Jump	Pole Vault	
	Triple Jump *	Triple Jump *	
		Shot	
		1 Mile Walk	
<b>U15 Boys</b>	<b>U15 Girls</b>	<b>U15 Boys</b>	<b>U15 Girls</b>
60m Hurdles	60m Hurdles	200m	200m
60m	60m	800m	800m
400m	300m	Pole Vault	1 Mile Walk
High Jump	High Jump	1 Mile Walk	
Long Jump	Long Jump		
Shot	Shot		
	Pole Vault		
<b>U13 Boys</b>	<b>U13 Girls</b>	<b>U13 Boys</b>	<b>U13 Girls</b>
60m Hurdles	60m Hurdles	200m	200m
60m	60m	800m	800m
Long Jump	Long Jump		

**NOTE:** \* Take off distance for Triple Jump is 7 metres



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## OPEN EVENTS

WEB: <http://www.essexathletics.org.uk/>

EMAIL: [essexaaa.champs@btinternet.com](mailto:essexaaa.champs@btinternet.com)

UNDER UKA RULES

Name (Block Capitals)..... Date of Birth.....

Address.....

.....

Post Code.....

Email Address.....

Telephone No. ....

Club ..... School (if under 15).....

- 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

Fully completed FORMS TO BE SENT TO: Championship Secretary, Essex AA, 5 Manwood Avenue, Canterbury, Kent CT2 7AE by the Thursday 15<sup>th</sup> January 2010. Late entries will **NOT** be accepted.

### NO EMAIL ENTRIES ACCEPTED

Day	Event	Best time in last year	<i>(official use)</i>

I enclose a cheque/postal order (made payable to Essex AA) for £..... being the entrance fee of £5 per event together with an A5 size stamped addressed envelope. (Please write name and address on reverse of cheque)

I declare that I am an amateur qualified to compete under the laws of **UKAthletics**

**FOR COMPETITORS UNDER 18** - I agree that photographs can be taken, which may be displayed on the internet. If you do not want photographs to be taken of the competitor, tick here

Signed..... Date.....  
Athlete or Parent/Guardian if under 18

You should receive confirmation of the entry at least 7 days before the event provided that you have sent a stamped address envelope. You should check the details and advise of any mistakes immediately.

Official Use	Date Recd.....	Amount Recd £....	SAE enc.....	Reply Sent.....
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