

OUTDOOR2009

↓ **ENGLAND ATHLETICS AVIVA
U23 & U20 CHAMPIONSHIPS
AND EUROPEAN TRIALS**

Registration Form 2009

↓ **27th - 28th JUNE 2009**

BEDFORD INTERNATIONAL STADIUM

(UNDER UK:ATHLETICS RULES)

Enter online at www.Englandathletics.org

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



ENGLAND ATHLETICS

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27th & 28th JUNE 2009

BEDFORD INTERNATIONAL STADIUM (UNDER UK: ATHLETICS RULES)

ENTRY STANDARDS:

Entries will only be accepted from athletes who have achieved the entry standard in competition after 1st January 2008

| EVENT | U23 Men | | U20 Men | | U23 Women | | U20 Women | |
|-------------|---------|-----|---------|-----|-----------|-----|-----------|-----|
| 100m | 11.00 | a | 11.00 | a | 12.20 | a | 12.30 | a |
| 200m | 22.20 | b | 22.30 | b | 25.00 | b | 25.20 | b |
| 400m | 50.00 | a/b | 50.00 | a/b | 58.00 | a/b | 59.00 | a/b |
| 800m | 1:54.0 | a/b | 1:55.0 | a/b | 2:12.0 | a/b | 2:12.0 | a/b |
| 1500m | 3:56.0 | a/b | 3:58.0 | a/b | 4:35.0 | a/b | 4:38.0 | a/b |
| 3000m | | | | | | | 10:00.0 | b |
| 5000m | 15:10.0 | a | 15:30.0 | a | 18:00.0 | b | | |
| 100m Hur | | | | | 15.00 | b | 15.00 | b |
| 110m Hur | 15.90 | b | 15.10 | b | | | | |
| 400m Hur | 57.00 | a/b | 57.00 | a/b | 65.00 | a/b | 66.00 | a/b |
| 3000m sc. | 10:00.0 | a/b | 10:05 | a/b | 12:00.0 | b | 12:00.0 | b |
| 5km Walk | | | | | 27:00.0 | b | 29:00.0 | b |
| 10km Walk | 50:00.0 | b | 52:00.0 | b | | | | |
| High Jump | 1.98 | a | 1.98 | b | 1.69 | a | 1.68 | b |
| Pole Vault | 4.40 | b | 4.25 | a | 3.30 | b | 3.30 | a |
| Long Jump | 6.85 | b | 6.85 | a | 5.70 | a | 5.60 | b |
| Triple Jump | 14.00 | a | 14.00 | b | 11.70 | b | 11.50 | a |
| Shot | 13.50 | a | 13.50 | b | 12.30 | a | 12.00 | b |
| Discus | 41.00 | a | 44.00 | b | 39.00 | a | 38.00 | b |
| Hammer | 46.00 | b | 44.00 | a | 44.00 | b | 44.00 | a |
| Javelin | 54.00 | b | 54.00 | a | 41.00 | b | 40.00 | a |

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

ACCOMMODATION:

Contact Linda Lake on: 01543 481338 / 07769691801

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, Region or National vest.

EQUIPMENT:

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

INFORMATION:

Acceptance letter, timetable and directions will be emailed and posted on the website at www.englandathletics.org approximately two weeks prior to the Championships.

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). 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. Medications can be checked by calling 0800 528 0004 or on the website at www.didglobal.com. For further information please contact the UKA Anti Doping Department: David Herbert 0121 713 8423.



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ENTRY DETAILS

Please complete all the information in the spaces provided

SURNAME

FIRST NAME

CLUB

REGISTRATION NUMBER

ADDRESS

ADDRESS

COUNTY

POSTCODE

DATE OF BIRTH

PHONE NUMBER (DAY)

PHONE NUMBER (MOBILE)

EMAIL ADDRESS

NAME OF COACH

ENTRY INFORMATION

Please complete for each event entering

| EVENT(S) ENTERING | PERSONAL BEST | DATE OF PERFORMANCE |
|-------------------|---------------|---------------------|
| | | |
| | | |
| | | |

SIGNED

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

SIGNATURE DATE

PRINT NAME

AGE GROUP

Please tick box

| | |
|----------------|--------------------------|
| UNDER 23 MEN | <input type="checkbox"/> |
| UNDER 23 WOMEN | <input type="checkbox"/> |
| UNDER 20 MEN | <input type="checkbox"/> |
| UNDER 20 WOMEN | <input type="checkbox"/> |

AGE GROUPS:

UNDER 20 COMPETITORS MUST BE 15 OR OVER ON 31ST AUGUST AND UNDER 20 ON 31st DECEMBER 2009

UNDER 23 COMPETITORS MUST BE 20, 21 OR 22 YEARS OF AGE ON 31st DECEMBER 2009

Athletes may compete outside their age group as defined in UKA: Rules (Rule 107)

ENTRY FEE:

ONLINE ENTRY FEE ONLY £12 at www.englandathletics.org £13 WITH THIS FORM (FREE ENTRY TO DEFENDING CHAMPIONS)

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

Championship Entry, England Athletics Ltd, Wellington House, Starley Way, Birmingham International Park, Solihull. B37 7HE

Please **DO NOT** send a stamped self addressed envelope.

CLOSING DATE FOR ENTRIES
5th JUNE 2009

