

**NORTHERN ATHLETICS**  
*in association with*  
**Start Fitness**  
**2010 TRACK AND FIELD CHAMPIONSHIPS**  
*Held Under UKA Rules*  
**U17/U15 CHAMPIONSHIP MEETING,**  
**LEIGH SPORTS VILLAGE, LEIGH – 29/30 May**

**Saturday 29<sup>th</sup> May (Day 1)**

U17 Men 200m, 800m, 400m Hurdles, 1500m S'Chase, High Jump, Triple Jump, Pole Vault.  
U17 Women 100m, 300m, 1500m, 3000m, 300m Hurdles, Long Jump, Triple Jump, Shot, Discus, Hammer  
U15 Boys 100m, 200m, 400m, 80m Hurdles, Long Jump, Triple Jump, Shot, Discus, Javelin, Hammer.  
U15 Girls 800m, 1500m, High Jump, Javelin.

**Sunday 30<sup>th</sup> May (Day 2)**

U17 Men 100m, 400m, 1500m, 3000m, 100m Hurdles, Long Jump, Shot, Discus, Javelin, Hammer.  
U17 Women 200m, 800m, 80m Hurdles, Pole Vault, High Jump, Javelin.  
U15 Boys 800m, 1500m, 3000m, High Jump, Pole Vault  
U15 Girls 100m, 200m, 75m Hurdles, Long Jump, Shot, Discus, Hammer.

**Closing Date 26<sup>th</sup> April**

\*N.B. *The 2000m Steeplechase Championship event for Senior & U20 Women will be held at the Trafford Grand Prix on 10<sup>th</sup> August 2010. Entries on the day will be accepted - £8*

*The 3000m Championships for U20 Men and Women will be held at the Trafford Grand Prix on 24<sup>th</sup> August 2010. Entries on the day will be accepted - £8*

*Race Walk Championships for All Age Groups will be held at the Yorkshire Combined Events at Keepmoat Stadium, Doncaster on 25<sup>th</sup> September 2010(TBC)*

*The 10,000m Championships (men & women) will be held at the Inter Club Cup and Plate Final on 11 September 2010 at Trafford. Entries will be accepted on the day £8*

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**SENIOR/U20 CHAMPIONSHIP MEETING**  
**SPORT CITY, MANCHESTER – 12/13 June**

**Saturday 12<sup>h</sup> June**

Senior Men 100m,400m, 1500m, 5000m,110m Hurdles, 3000m S'Chase, High Jump, Triple Jump, Shot, Hammer.  
Senior Women 100m, 400m, 1500m, 100m Hurdles, High Jump, Triple Jump, Shot, Hammer.  
U20 Men 100m, 400m, 1500m, 110m Hurdles, 2000m S'Chase, Pole Vault, Long Jump, Discus, Javelin.  
U20 Women 100m, 400m, 1500m, 100m Hurdles, Pole Vault, Long Jump, Discus, Javelin,

**Sunday 13<sup>th</sup> June**

Senior Men 200m, 800m, 400mHu, Pole Vault, Javelin, Long Jump, Discus.  
Senior Women 200m, 800m, 5000m, 400mHu, Pole Vault, Javelin, Long Jump, Discus.  
U20 Men 200m, 800m, 5000m, 400m Hurdles, High Jump, Triple Jump, Shot, Hammer.  
U20 Women 200m, 800m, 400m Hurdles, High Jump, Triple Jump, Shot, Hammer

**Closing Date 24<sup>th</sup> May**

**ENTRY FEES: All age groups £8 per entry.**

**DEFENDING CHAMPIONS: Free entry subject to receipt of entry forms**



*Results from the Senior/Under 20 Championship meeting will contribute to the final total for the 2010 UK Challenge series*

**\* PLEASE MAKE CHEQUES PAYABLE TO NORTHERN ATHLETICS.\***

**PLEASE ENCLOSE SAE WITH ALL ENTRIES.**

**ONLINE ENTRY FOR ALL EVENTS IS AVAILABLE AT WWW.ATHLETICSDATA.COM**

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**SENIOR/U20 COMBINED EVENTS CHAMPIONSHIPS – STOKE 5/6 June**

*\*NB A single entry form is now required for entry into the England Combined Events Championship & Northern Combined Events Championships*

*Entry form available from [www.Englandathletics.org](http://www.Englandathletics.org) or [www.northernathletics.org.uk](http://www.northernathletics.org.uk)*

**Saturday 5 June/Sunday 6 June**

Decathlon Senior Men/U20 Men Heptathlon Senior Women/U20 Women

**Closing Date 22<sup>nd</sup> May 2010**

**U17/U15 COMBINED EVENTS CHAMPIONSHIPS – STOKE – 7/8 August**

**Saturday 7/Sunday 8 August**

Decathlon U17 Men Heptathlon U17 Women  
Heptathlon U15 Boys Pentathlon U15 Girls

**Closing Date 16<sup>th</sup> July 2010**

All Age Groups - £15.00 - Online entry £20.00 – Postal - Payable to England Athletics

## **REGULATIONS - RE: ENTRY TO TERRITORIAL CHAMPIONSHIPS**

### **1 UK ATHLETICS RULES**

All events will be subject to UKA Rules for Competition.

### **2 ELIGIBILITY**

All events are confined to amateurs who were either a) born within the Northern Athletics Territory, OR  
b) have lived within the Territorial boundary for nine months prior to the date of competition.

### **3 NORTHERN ATHLETICS TERRITORY**

Consists of the Counties of Cheshire, Cleveland, Cumbria, Derbyshire, Durham, Gtr Manchester, Humberside, Isle of Man, Lancashire, Lincolnshire, Merseyside, Northumberland, North Yorkshire, South Yorkshire, Tyne & Wear and West Yorkshire.

### **4 EVENT RESTRICTIONS**

The Committee reserves the right to cancel any event in which the entries are insufficient to justify the holding of a Championship competition. A minimum of three entries will be required. In the case of a very large entry, events of 3000m or more may be split into 'A' & 'B' races. If an event is cancelled and an athlete chooses to move into a higher age group, the athlete will only qualify for an award in the upper age category and any performance will be deemed as appropriate to that age category only.

### **5 CLUB MEMBERSHIP AND CLOTHING**

After one year of competition, an athlete must be a member of a club affiliated directly or indirectly to UK Athletics. Athletes who are club members must wear club vests or alternatively a County, Territorial or National vest. University vests will not be acceptable. Other athletes must wear a plain vest approved by the Referee. All athletes are reminded that all clothing must be clean, and so designed and worn as not to be objectionable, even if wet. Crop tops are acceptable as team colours if they are in the same colours as the club vest and as near in design as possible. A mix of crop tops and vests in the same team is acceptable.

### **6 EQUIPMENT**

The organisers will provide implements for the throwing events. Competitors may use their own implements provided that these are booked in a minimum of one hour prior to the scheduled start of the individual event and approved by the Technical Manager. Competitors must supply their own poles in the Pole Vault. Competitors own starting blocks may be used if they conform to regulations and are approved by the Starter's Assistant.

### **7 ENTRIES**

The organisers reserve the right to refuse any entry. All entries will be acknowledged within twelve days of the closing date (SAE please). **IF YOU DO NOT RECEIVE AN ACKNOWLEDGEMENT PLEASE TELEPHONE THE NA OFFICE.** Late entries will not be accepted and the organisers cannot be responsible for items lost or delayed in the post. Athletes (or if under 16, their parent/guardian) should check the details on the entry form before signing it, since errors cannot be corrected after the closing date.



**Online entry for all events is available at  
[www.athleticsdata.com](http://www.athleticsdata.com)**

Northern Athletics would like to thank Start Fitness, Athletics Data, Gateshead MBC, Manchester City Council, Wigan Leisure & Culture Trust, Trafford AC and England Athletics for their support.

**TRACK & FIELD AGE GROUPS**  
for competition year ending 30.9.2010

Senior Men & Women	Born 31.12.90 or earlier
Junior Men & Women	Born 1.1.91 to 31.8.93
Under 17 Men & Women	Born 1.9.93 to 31.8.95
Under 15 Boys & Girls	Born 1.9.95 to 31.8.97
Under 13 Boys & Girls	Born 1.9.97 to 31.8.99

Under 20 athletes may compete in Senior events.

Under 17 Men may compete as Juniors or Seniors except in the 5000m and 10000m.

Under 17 Women may compete as Junior or Senior except in the 5000m and 10000m.

Under 15 Boys may compete as Under 17s except in 3000m & S/Chase.

Under 15 Girls may compete as Under 17s except in 3000m & S/Chase.

Under 13s may compete as Under 15s. except in Triple Jump, Hammer & 3000m..

**NOTES**

- a) Winners will be awarded free entry to the England Open Championships in the same event and age group, subject to achieving the relevant entry standard during the current season.

**PLEASE NOTE ENTRY STANDARDS WILL NOT BE APPLIED TO 2010 CHAMPIONSHIPS**

**CHAMPIONSHIP EVENT SUMMARY**

\*\* Northern Athletics shown as 'NA' \*\* \*\*England Athletics shown as 'EA' \*\*

<u>EVENT</u>	<u>DATE</u>	<u>VENUE</u>	<u>CLOSING DATE</u>	<u>FEES</u> (cheques payable to)
U17/U15 CHAMPIONSHIPS	29 <sup>th</sup> May 30 <sup>th</sup> May	Leigh Sports Village, Leigh	26 <sup>th</sup> April	£8 per event (Northern Athletics)
SENIOR/U20 CHAMPIONSHIPS	12 <sup>th</sup> June 13 <sup>th</sup> June	Sport City Manchester	24 <sup>th</sup> May	£8 per event (NA)
Snr/U20 COMB. EVENTS	5 <sup>th</sup> June 6 <sup>th</sup> June	Stoke	22 <sup>nd</sup> May	Snr/ U20 £15 online £20 postal (England Athletics)
Snr/U20 WOMEN 2000M S/C	10 <sup>th</sup> August	Longford Park Trafford	Entries on the day will be accepted	£8 (NA)
U20 3000M (m&w)	24 <sup>th</sup> August	Longford Park Trafford	Entries on the ay will be accepted	£8 (NA)
U17/U15 COMB EVENTS	7 <sup>th</sup> August 8 <sup>th</sup> August	Stoke	16 <sup>th</sup> July	U17 /U15 £15 online £20 postal (England Athletics)
Snr 10,000M (m&w)	11 <sup>th</sup> September	Longford Park, Trafford	Entries on the day will be accepted	£8 (NA)

**2010 NORTHERN CHAMPIONSHIP ENTRY FORM**

Surname ..... First Names .....  
 (Women recently married please give previous surname)

Address .....

..... Post Code .....

EA reg no..... Tel.No .....

E-mail ..... Club.....

Age Group for which you are entering: (please tick)

Senior Men ( )      Senior Women ( )      U20 Men ( )      U20 Women ( )  
 U17 Men ( )      U17 Women ( )      U15 Boys ( )      U15 Girls ( )

Date of Birth ..... Age on 31.8. 2010 .....

Place of Birth.....

I wish to enter the following events:

2010 PB

- 1. .... PB .....
- 2. .... PB .....
- 3. .... PB .....
- 4. .... PB .....
- 5..... PB .....

Cheque / PO value ..... enclosed, payable to NA

I declare that I am eligible to compete under UKA Rules and that I am eligible to compete in a Northern Athletics Championship on the grounds of - \*Birth / \*Residence (\*delete whichever does not apply) I am aware that drug testing may take place and that Club (or representative) vests must be worn.

Signed..... (If Under 16 to be signed by a Parent or Guardian)

Please return completed forms to: Northern Athletics, 7A Wellington Road East, Dewsbury WF13 1HF  
 Tel: 01924 457922 Fax: 01924 459383 e-mail:info@northernathletics.org.uk

**You must enclose SAE to ensure confirmation, timetable etc.**  
**All Age groups - £8 per event.**  
**Payable to Northern Athletics.**

**CLOSING DATES**

U17/U15 Championships	26 <sup>th</sup> April
Senior/U20 Championships	24 <sup>th</sup> May
Senior/U20/ Combined Events	22 <sup>nd</sup> May
U17/U15 Combined Events	24 <sup>th</sup> July
2000m S/C Snr/U20W	On the day
3000m U20M/U20W	On the day
10,000m Championships	On the day