



MALE ATHLETES

ENTER ONLINE AT www.merseysideathletics.org

OR complete this entry form and post to
MR DOUG HANNA, 3 HOLLY PLACE, MORETON, WIRRAL, CH46 9QZ

QUALIFICATIONS TO COMPETE

In order to compete in the County Championships you must have been BORN in the county OR you should have been living in the county for AT LEAST 9 MONTHS i.e. since 9 August 2009. Please remember to sign the declarations and tick either the BIRTH or RESIDENCY box.

AWARDS will be presented as follows: For events with up to -

3 entrants - 2 medals

4+ entrants - 3 medals

CLOSING DATE - Tuesday 27 April 2010

ENTRY FEE (Cheques **ONLY** made payable to Merseyside County AA)

£3 per event **BEFORE** the closing date;

£4 per event **AFTER** the closing date.

NO ENTRIES ON THE DAY BUT ONLINE ENTRIES WILL BE ACCEPTED UNTIL 8.00pm on WEDNESDAY 5TH MAY 2010

NOTES AND RULES OF COMPETITION

- IF by the **official closing date** i.e. **27th April 2010** there is less than **THREE** entries for an event that event will **NOT** be held. Such events will therefore not be available even online after this date. *Please check on the website @ www.merseysideathletics.org*
- UKA AGE GROUPS** - for track and field competitions to 1st September 2010
 - Under 13 athletes must be born on or between 01/09/1997 & 31/08/1999
 - Under 15 athletes must be born on or between 01/09/1995 & 31/08/1997
 - Under 17 athletes must be born on or between 01/09/1993 & 31/08/1995
 - Under 20 athletes must be born on or between 01/01/1991 & 31/08/1993
 - Senior athletes must be born on or before 31/12/1990
- CLUB COLOURS** - In these County Championships the officially recognised colours of your Club must be worn, or County, Regional and National athletics colours will also be accepted.

4. AGE-GROUP LIMITATIONS TO COMPETITION

- Under 13 - may compete in a MAXIMUM of 3 events. Only one of these is allowed to be between 600m and 1500m inclusive;
- Under 15 - may compete in a MAXIMUM of 3 events. Only one of these is allowed to be between 600m and 3000m inclusive;
- Under 17 - may compete in a MAXIMUM of 3 events;
- Under 20 - may compete in a MAXIMUM of 5 events;
- Seniors - No Limitations

5. ONLINE ENTRIES AFTER 27 APRIL

The cost of entry is £3 per event before the closing date, 27 April 2010. After that date the only way to enter will be online and the cost will be £4 per event. Any unpaid entry fees prior to the Championship may render your entry VOID. Please check on the website that your event is still included in the programme and that there are still spaces in that event.

6. DECLARATIONS

- TRACK ATHLETES MUST DECLARE and THEN pick up their number for their event(s) to the operator at the computer **one hour** before the event start time.
- FIELD athletes pick up their number and then report direct to field event area, at least 30 minutes before the published event start time.

7. The organisers will have the right to limit entries for each event.

8. The Final Programme & Event schedule will appear on the website at 8.00 pm. on Thursday 6th May 2010.

9. To assist the seeding process please provide personal best performances in the last column on the entry form

10. DEFINITELY NO ENTRIES ON THE DAY. ATHLETES WILL NOT BE ALLOWED TO CHANGE EVENTS ON THE DAY.

11. Age group 4 x 100m Relay events will be held IF there are at least 3 teams declared on the day for that age group.

12. ALL JUNIOR & SENIOR ATHLETES MAY ALSO WISH TO COMPETE IN THE NORTH WEST CHAMPIONSHIPS AT TRAFFORD ON SATURDAY 15TH MAY 2010. See www.merseysideathletics.org website for further details.

complete the entry form alongside, enclose cheque payable to MCAA and post to

MR DOUG HANNA,
3 HOLLY PLACE,
MORETON,
WIRRAL, CH46 9QZ

MERSEYSIDE COUNTY TRACK & FIELD ENTRY FORM 2010 (MEN)

Event/Age Group	Senior Men	Junior Men	U17 Men	U15 Boys	U13 Boys	Enter Personal Best
You may only compete within one age group (see UKA Rule 107)						
100m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
200m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
400m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
800m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1500m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3000m/5km Seniors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Sprint Hurdles	110mH <input type="checkbox"/>	100mH <input type="checkbox"/>	100mH <input type="checkbox"/>	80mH <input type="checkbox"/>	75mH <input type="checkbox"/>	
400mH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Steeplechase	3km <input type="checkbox"/>	2km <input type="checkbox"/>	1½km <input type="checkbox"/>			
Long Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Triple Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Pole Vault	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
High Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hammer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Discus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Javelin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
PLEASE provide the following information using BLOCK CAPITALS						
FIRST NAME						
SURNAME						
CLUB						
DATE OF BIRTH						
CONTACT NUMBER						
EA. LICENCE No.						
EMAIL ADDRESS						
QUALIFICATION			BIRTH <input type="checkbox"/>		RESIDENCY <input type="checkbox"/>	
I have read and understood the rules of competition and conditions of entry AND I declare that I am an amateur eligible to compete under UKA rules in these County Championships <input type="checkbox"/>						
Signed (Parent/Guardian Signature if you are under 16 years of age						

