

CONGRATULATIONS

In order to support athletes, counties and encourage entry to the Area Championships, Senior County champions are being invited to enter the 'Start Fitness' Northern Senior Championships free of charge in the corresponding event. You may also enter other events on this form but these will of course have a fee of £12 for the first event and £8 for any additional events. If you have already entered the Northern Championships then please indicate this below and we will refund your entry fee for the event.

When you have completed the form please return it either by email to judith@northernathletics.org.uk or by post to Northern Athletics 7A Wellington Road East Dewsbury West Yorks WF13 1HF

The events being held at the Championships are listed below

**SENIOR/U20 CHAMPIONSHIP MEETING
SPORT CITY, MANCHESTER – 14/15 JUNE – CLOSING DATE 26th MAY
Saturday 14th 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, 3000m S'Chase, Pole Vault, Long Jump, Discus, Javelin.

U20 Women 100m, 400m, 1500m, 100m Hurdles, Pole Vault, Long Jump, Discus, Javelin,

Sunday 15th June

Senior Men 200m, 800m, 400m Hurdles, Pole Vault, Javelin, Long Jump, Discus.

Senior Women 200m, 800m, 5000m, 400mHu, 2000m S'Chase, 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, 2000m S'Chase, High Jump, Triple Jump, Shot, Hammer

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 () Date of Birth Age on 31.8. 2014

Place of Birth.....

I wish to enter the following events:

2014 PB

1. PB(Free of Charge)

2. PB

3. PB

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

Please tick to confirm that you have read and understood the Anti-doping information

I declare that I am eligible to compete under UKA Rules and that I am eligible to compete in a NorthernAthletics 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 postal entry forms to: Northern Athletics, 7A Wellington Road East, Dewsbury WF13 1HF

Tel: 01924 457922 e-mail:info@northernathletics.org.uk

NB: *I HAVE / HAVE NOT ALREADY ENTERED THE NORTHERN CHAMPS? (* - Please indicate which applies)

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 athletes who were either a) born within the Northern Athletics Area, OR b) have lived within the Area boundary for nine months prior to the date of competition.

Entrants must not have not competed in any other area championship within the competition year.

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. 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 England Athletics. Athletes who are club members must wear club vests or alternatively a County, Territorial or National vest. University vests are also 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 must use stadium blocks wherever False Start Systems are in use, if not then personal starting blocks may be used if they conform to regulations and are approved by the Starter's Assistant. All age groups except U15 will be required to use false start systems.

7 ENTRIES

The organisers reserve the right to refuse any entry. Online entries will be confirmed by return, postal entries will be acknowledged within twelve days of the closing date (SAE please). **IF YOU DO NOT RECEIVE AN E MAIL CONFIRMATION OR A POSTAL 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.

8 STARTING HEIGHTS

Pole Vault: SM-3.50: U20M-3.30: U17M-3.10: U15B-2.55: SW-2.70: U20W-2.45: U17W-2.35: U15G-2.10

High Jump: SM-1.83:U20M-1.83: U17M-1.75: U15B-1.60: SW-1.60: U20W-1.55: U17W-1.52: U15G-1.45

Triple Jump: SM/U20M:11m or 13m boards. All other age groups: 9m/11m/13m boards may be used.

9. DRUG TESTING

I hereby (i) acknowledge that I am bound by UKA's Anti-Doping rules, (ii) agree to submit to drugs testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve my providing a blood and/or urine sample and (iii) confirm that I am either aged 18 years or older or that the person(s) having parental responsibility for me consent to the above testing. Please tick the box on the following page to confirm that you have read this information.

Rule Change

The New False Start Rule will apply from 1st April 2013:- UKA Rule 111.14A:

In all competitions for Senior, Junior and Under 17 athletes as defined in Rule 107 (4) – (6), but also including those where younger athletes are competing according to the Rules, whether false start detecting equipment is in use or not, any athlete deemed responsible for a false start shall be disqualified.