

# ESSEX COUNTY ATHLETIC ASSOCIATION EASTERN ATHLETIC ASSOCIATION

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

WEB: <http://www.easternaa.co.uk>

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

5 Manwood Avenue  
CANTERBURY  
Kent  
CT2 7AE

7 December 2010

Dear Friend

## **JOINT INDOOR CHAMPIONSHIPS – LEE VALLEY CENTRE –12<sup>th</sup>/13<sup>th</sup> MARCH 2011**

Attached is the application form for Joint Essex County A.A. and Eastern A.A. Indoor Championships 2011 being held at Lee Valley Athletic Centre in March 2011. Essex athletes will automatically be entered into the Eastern championships.

Can you please ensure that all competitors and coaches are made aware of this event as soon as possible. With the excellent facilities at the Lee Valley Stadium enabling a number of different events both on the track and field, it is hoped that there will be a large number of entries so that there is good competition.

It is important that the application forms are returned by the closing date, **Thursday 10<sup>th</sup> February 2011**, as late applications will not be accepted on instructions from the executives. In order to ease the administration for these championships, competitors are asked to send their applications in as early as possible.

The provisional timetable shows the events that will be held on each day and it is anticipated that there will be a need to adjust the starting times, once the number of competitors for each event is known. Confirmation letters will not be sent out until after the closing date but should be before 5<sup>th</sup> March 2011

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

Competitors must send in the correct fee of **£6 per event for Seniors and Juniors and £5 for all other competitors (names and addresses must be printed on the reverse of all cheques)** together with a stamped address envelope. This should be A5 as the competitor's number will be sent out with confirmation of entry.

All entries must be in accordance with UKA rules. Only competitors who were born in Essex (for Essex Championships) and the six counties of Essex, Suffolk, Norfolk, Cambridgeshire, Hertfordshire or Bedfordshire (Eastern Championships) or have lived there for the past 9 months are eligible to take part in the championships.

Yours sincerely

*Kaye Merrywest*

Championship Secretary

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The Joint Essex County A.A. and Eastern A.A are being held on Saturday and Sunday 12<sup>th</sup>/13<sup>th</sup> March 2011 at Lee Valley Athletics Centre

**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. There could be adjustments to the starting time of the heats. The **CLOSING DATE** for entries is 10 February 2011. **LATE ENTRIES WILL NOT BE ACCEPTED.**

You are reminded of **Rule 9** – County Qualification. Essex Athletes will automatically be entered into the Eastern Counties Championships. Separate medals will be awarded for each championship.

For **INDIVIDUAL** entries the form should be completed in full and sent together with the appropriate remittance of **£6 per event Seniors and Juniors, and £5 for all other categories (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, at least 7 days before the event.

Please note envelopes larger than A5 are charged a higher rate of postage. Applications should be sent by ordinary mail. Letters sent other than by ordinary mail may be delayed and might not be received on time.

**Please ensure that the application form is fully completed and signed by the competitor if over 18 or the parent/guardian if under 18. Licence numbers must be included for all club athletes.**

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** for both Essex and Eastern AA should be sent to, Championship Secretary, Essex AA, 5 Manwood Avenue, Canterbury, Kent CT2 7AE

If you have any **PROBLEMS**, then you should contact your club secretary, who will be able to contact the championship secretary.

# Essex County AA and Eastern AA Track and Field

## PROVISIONAL TIMETABLE

### INDOOR CHAMPIONSHIPS

Saturday 12<sup>th</sup> March 2011

Sunday 13<sup>th</sup> March 2011

|                   |                     |                   |                     |
|-------------------|---------------------|-------------------|---------------------|
| <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                |
|                   | Pole Vault          | High Jump         | High Jump           |
|                   |                     | Long Jump         | Long Jump           |
|                   |                     | Pole Vault        | Triple Jump *       |
|                   |                     | Triple Jump *     | Shot                |
|                   |                     | Shot              | 1 Mile Walk         |
|                   |                     | 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                |
|                   | Pole Vault          | High Jump         | High Jump           |
|                   |                     | Long Jump         | Long Jump           |
|                   |                     | Triple Jump *     | Triple Jump *       |
|                   |                     | Pole Vault        | Shot                |
|                   |                     | Shot              | 1 Mile Walk         |
|                   |                     | 1 Mile Walk       |                     |
|                   |                     |                   |                     |
| <b>U17 Men</b>    | <b>U17 Women</b>    | <b>U17Men</b>     | <b>U17Women</b>     |
| 60m               | 60m                 | 60m Hurdles       | 60m Hurdles         |
| 400m              | 300m                | 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                |                   |                     |
| High Jump         | High Jump           |                   |                     |
| Long Jump         | Long Jump           |                   |                     |
| Shot              | Shot                |                   |                     |

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

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*UNDER UKA RULES*

Name (Block Capitals)..... Date of Birth.....  
 Address..... Licence Number.....  
 ..... Post Code.....  
 Email Address..... Telephone No. ....  
 Club .....

- 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 10<sup>th</sup> February 2011 Late entries will **NOT** be accepted.

**NO EMAIL ENTRIES ACCEPTED**

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

I was born in Essex                                    **OR**                    I have lived in Essex since \_\_\_\_\_  
 I was born in Eastern Counties                    **OR**                    I have lived in Eastern Counties since \_\_\_\_\_

I enclose a cheque/postal order (made payable to Essex AA) for £..... being the entrance fee of £6 (Seniors and Juniors)/£5 for other entrants 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 at by 5<sup>th</sup> March 2011 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..... |
|--------------|----------------|-------------------|--------------|-----------------|