



MIDLAND COUNTIES ATHLETIC ASSOCIATION 2019 INDOOR MEETINGS

Competitions Held Under UKA/IPC Rules



<p><b>1<sup>st</sup> OPEN MEETING - ALEXANDER STADIUM HPC</b>  Saturday/Sunday 5/6 January 2019  Including outdoor throws</p> <p><i>PAPER ENTRY CLOSING DATE 8<sup>th</sup> DECEMBER 2018</i>  <i>ONLINE ENTRY CLOSING DATE 17<sup>th</sup> DECEMBER 2018</i></p>
<p><b>2<sup>nd</sup> OPEN MEETING - ALEXANDER STADIUM HPC</b>  Saturday/Sunday 26/27 January 2019  Including outdoor throws</p> <p><i>PAPER ENTRY CLOSING DATE 18<sup>th</sup> DECEMBER 2018</i>  <i>ONLINE ENTRY CLOSING DATE 6<sup>th</sup> JANUARY 2019</i></p>
<p><b>MIDLAND CHAMPIONSHIPS</b>  <b>ALEXANDER STADIUM HPC</b>  Saturday /Sunday 9/10 February 2019  60m, 60m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Shot  Senior, U20, U17 Men &amp; Women, U15 Boys &amp; Girls</p> <p><i>PAPER ENTRY CLOSING DATE 10<sup>th</sup> JANUARY 2019</i>  <i>ONLINE ENTRY CLOSING DATE 14<sup>th</sup> JANUARY 2019</i></p>
<p><b>CITY OF BIRMINGHAM GAMES OPEN (inc some MCAA Champs)</b>  <b>ARENA BIRMINGHAM</b>  Sunday 17 February 2019</p> <p><i>PAPER ENTRY CLOSING DATE 15<sup>th</sup> JANUARY 2019</i>  <i>ONLINE ENTRY CLOSING DATE 24<sup>th</sup> JANUARY 2019</i></p>
<p><b>3<sup>rd</sup> OPEN MEETING - ALEXANDER STADIUM HPC</b>  Saturday/Sunday 16/17 March 2019  Including outdoor throws</p> <p><i>PAPER ENTRY CLOSING DATE 22<sup>nd</sup> FEBRUARY 2019</i>  <i>ONLINE ENTRY CLOSING DATE 28<sup>TH</sup> FEBRUARY 2019</i></p>

**MIDLAND CHAMPIONSHIPS ELIGIBILITY – All Championship competitors must have at least one of the following qualifications**

- ❖ The athlete having been born **within** the Midlands Competition Area
- ❖ A minimum of 9 months continuous residence in the Competition Area immediately prior to the event to be competed in.

NB: University Residence does not count as a Midlands qualification.

**Birth/Residence qualification is in one of the following:**

Avon, Herefordshire, Gloucestershire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire. NB: England South West (Cornwall, Devon, Dorset, Somerset, Wiltshire) & East Midlands (Derbyshire, Lincolnshire) are recognised for qualification purposes **BUT** you can compete in **only one** Area Championship in a calendar year – January to December.

**ENTRY FEES PER EVENT – ONLINE ENTRIES ARE PREFERRED**

**Paper Entries Available which will incur a £2 Admin Fee**

<b>1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> Open Meetings:</b>	Senior £10	U20 £9	U17/U15/U13 £8
<b>Midland Championships:</b>	Senior £12	U20 £12	U17/U15 £10
<b>Birmingham Games Open:</b>	Senior £12	U20 £12	

**COACHES**

ON PRODUCTION OF A CURRENT UKA COACHING LICENCE COACHES WILL BE CHARGED A £1 ENTRY FEE

**ONLINE ENTRY PAYMENT MUST BE PAID AT THE TIME OF ENTRY OR ENTRIES MAY BE REFUSED. NON-PAYMENT BY THE END OF THE CLOSING DATE WILL RESULT IN ENTRIES BEING REMOVED**

**PAPER ENTRIES MUST BE ACCOMPANIED BY THE RELEVANT FEE – CHEQUES MADE PAYABLE TO MCAA – PLEASE INCLUDE AN EMAIL ADDRESS TO RECEIVE THE CHAMPIONSHIP INFORMATION**

ONLINE ENTRY FOR ALL EVENTS WILL BE AT

<https://goo.gl/eb5knq>

- PLEASE NOTE**
- (i) **THAT THE ORGANISERS RESERVE THE RIGHT TO REFUSE ENTRIES AND REVISE DATES WHERE NECESSARY AND CLOSE ALL ENTRIES AT ANYTIME ON THE CLOSING DATE**
  - (ii) **ENTRIES MAY BE RESTRICTED DUE TO EXCESSIVE NUMBERS, ENTRIES MAY BE CLOSED BEFORE STATED CLOSING DATE DUE TO EXCESSIVE ENTRIES**
  - (iii) **ANY ATHLETE WHO COMPETES OVER 2 DAYS MUST RE-REGISTER ON THE 2<sup>ND</sup> DAY. FAILURE TO DO SO WILL RESULT IN NOT BEING ALLOWED TO COMPETE**



**MIDLAND COUNTIES ATHLETIC ASSOCIATION**  
**2019 INDOOR MEETINGS**  
*Competitions Held Under UKA/IPC Rules*



**Age Groups**

<b>Senior Men/Women</b>	At least 20 years of age on 31 <sup>st</sup> December 2019
<b>U20 Men/Women</b>	Over 17 but under 20 on 31 December 2019
<b>U17 Men/Women</b>	Over 15 but under 17 on 31 August 2019
<b>U15 Boys/Girls</b>	Over 13 but under 15 on 31 August 2019
<b>U13 Boys/Girls</b>	Over 11 but under 13 on 31 August 2019

**We are unable to hold U13 Boys and U13 Girls Quadrathlon Championships this year, however we will take the results for Shot, Long Jump, High Jump and 60m events over the 3 Open Meetings and will use these to create a points table to enable us to award trophies/certificates as we normally do for the Quadrathlon. We will update the points table and publish it on our website after each Open Meeting**

**1<sup>st</sup> OPEN 5<sup>th</sup>/6<sup>th</sup> JANUARY 2019**

IPC/UKA Classification Ambulant Only

T&F:11-13/20/35-38/42-47/62-67

**Saturday 5th January 2019**

**MEN & WOMEN**

<b>Senior/U20/U17/U15/U13</b>	Long Jump & High Jump	Number of Horizontal jumps dependent on entries
<b>Senior/U20/U17/U15</b>	Pole Vault & Triple Jump (inc. U15G)	Number of Horizontal jumps dependent on entries
<b>Senior/U20/U17/U15</b>	Javelin & Hammer	Number of throws dependent on entries

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A 7/9m, Board B 11m, Board C 13m

***Once entries have been received we will split them into the appropriate pools and publish these.***

**Sunday 6th January 2019**

**MEN & WOMEN**

<b>Senior/U20/U17/U15/U13</b>	60m & 60m Hurdles	<b>2 races per event per 1 payment</b>
<b>Senior/U20/U17/U15/U13</b>	Shot	Number of throws dependent on entries
<b>Senior/U20/U17/U15</b>	Discus	Number of throws dependent on entries

**2<sup>nd</sup> OPEN 26<sup>th</sup>/27<sup>th</sup> JANUARY 2019**

IPC/UKA Classification Ambulant Only

T&F:11-13/20/35-38/42-47/62-67

**Saturday 26th January 2019**

**MEN & WOMEN**

<b>Senior/U20/U17/U15/U13</b>	Long Jump & High Jump	Number of Horizontal jumps dependent on entries
<b>Senior/U20/U17/U15</b>	Pole Vault & Triple Jump (inc. U15G)	Number of Horizontal jumps dependent on entries
<b>Senior/U20/U17/U15</b>	Javelin & Hammer	Number of throws dependent on entries

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A 7/9m, Board B 11m, Board C 13m

***Once entries have been received we will split them into the appropriate pools and publish these.***

**Sunday 27th January 2019**

**MEN & WOMEN**

<b>Senior/U20/U17/U15/U13</b>	60m & 60m Hurdles	<b>2 races per event per 1 payment</b>
<b>Senior/U20/U17/U15/U13</b>	Shot	Number of throws dependent on entries
<b>Senior/U20/U17/U15</b>	Discus	Number of throws dependent on entries

## MIDLAND CHAMPIONSHIPS 9<sup>th</sup> FEBRUARY 2019

IPC/UKA Classification Ambulant Only

T&F:11-13/20/35-38/42-47/62-67

### Saturday 9th February 2019

<b>Senior Men &amp; Women</b>	LJ, HJ, PV, TJ
<b>U20 Men &amp; Women</b>	LJ, HJ, PV, TJ
<b>U17 Men &amp; Women</b>	LJ, HJ, PV, TJ
<b>U15 Boys &amp; Girls</b>	LJ, HJ, PV, TJ

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A – Boys/Girls (U15) 7/9m, Board B - Women (U17, U20, Senior) 9/11m, Board C - Men (U17, U20, Senior) 11/13m

**Once entries have been received we will split them into the appropriate pools and publish these. Number of trials in horizontal jumps and throws will be dependent on size of entry.**

## MIDLAND CHAMPIONSHIPS 10<sup>th</sup> FEBRUARY 2019

IPC/UKA Classification Ambulant Only

T&F:11-13/20/35-38/42-47/62-67

### Sunday 10th February 2019

### MEN & WOMEN

<b>Senior/U20 Men &amp; Women</b>	60mH, 60m (Heats / Seeded Finals)
<b>U17 Men &amp; Women</b>	60mH, 60m (Heats / Seeded Finals)
<b>U15 Boys &amp; Girls</b>	60mH, 60m (Heats / Seeded Finals)

**All competitors will be eligible for seeded heats and using times from these to seeded Finals**

**We hope to hold the Midland Championships for Shot at Loughborough Open Meeting on 2<sup>nd</sup> February**

## CITY OF BIRMINGHAM GAMES OPEN (inc some MCAA Champs)



### 17<sup>th</sup> FEBRUARY 2019



IPC/UKA Classification Ambulant Only

T&F:11-13/20/35-38/42-47/62-67

### ALL Events open to All Athletes

<b>Senior, U20, U17 Men &amp; Women, U15 Boys &amp; Girls</b>	60m, 60mH, 200m, 300/400m, 800m, 1500m	Each age group will have 1 series of Seeded races
<b>Senior, U20, U17 Men &amp; Women, U15 Boys &amp; Girls</b>	200m, 300/400m, 800m, 1500m	Results of the above races of these series will be used to determine the Midland Champions at those distances
<b>Senior, U20, U17 Men &amp; Women U15 Boys &amp; Girls</b>	LJ, HJ, PV, TJ	Number of Trials for horizontal jumps dependent on entries
<b>3k Walk</b>	Subject to entries	

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A – Boys/Girls (U15) 7/9m, Board B - Women (U17, U20, Senior) 9/11m, Board C - Men (U17, U20, Senior) 11/13m

**Once entries have been received we will split them into the appropriate pools and publish these. Number of trials in horizontal jumps and throws will be dependent on size of entry.**

## 3<sup>rd</sup> OPEN 16<sup>th</sup>/17<sup>th</sup> MARCH 2019

IPC/UKA Classification Ambulant Only

T&F:11-13/20/35-38/42-47/62-67

### Saturday 16th March 2019

### MEN & WOMEN

<b>Senior/U20/U17/U15/U13</b>	Long Jump & High Jump	Number of Horizontal jumps dependent on entries
<b>Senior/U20/U17/U15</b>	Pole Vault & Triple Jump (inc. U15G)	Number of Horizontal jumps dependent on entries
<b>Senior/U20/U17/U15/U13</b>	Shot	Number of throws dependent on entries
<b>Senior/U20/U17/U15</b>	Discus	Number of throws dependent on entries

**High Jump** Pool A Starting Height 1.20m, Pool B Starting Height 1.50m, Pool C Starting Height 1.75m

**Pole Vault** Pool A Starting Height 2.20m, Pool B Starting Height 3.20m

**Triple Jump** Board A 7/9m, Board B 11m, Board C 13m

**Once entries have been received we will split them into the appropriate pools and publish these.**

**Sunday 17th March 2019**

**MEN & WOMEN**

Senior/U20/U17/U15/U13	60m & 100m 60m Hurdles	1 race at each distance per payment
U13 Girls U13 Boys/U15 Girls U15 Boys/U17 Women U17 Men/U20 Women/Senior Woman U20 Men/Senior Men	70m Hurdles 75m Hurdles 80m Hurdles 100m Hurdles 110m Hurdles	1 race at each distance per payment
Senior/U20/U17/U15	Javelin & Hammer	Number of throws dependent on entries

**CONDITIONS OF ENTRY TO AREA 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 Midland Counties Competition Area  
OR

b) have lived within the Area boundary for nine months prior to the date of competition. **See eligibility note on the first page.**

**3 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. 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.

**4 UKA RULE 141 S1 APPLIES** – Athletes may choose to compete in an age group above their own, subject to the limitations in rule 141.

**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. **All Athletes must be a paid up member of both their Club and the England Athletics Affiliation scheme.** Athletes who are club members must wear club vests or alternatively a County, Area or National vest. 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.

**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 90 minutes 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**

**We prefer ONLINE entries**

- ❖ **If you make a paper entry we suggest that you obtain proof of posting for your entry, then should your entry get lost in the post we will accept proof of posting and enter you in the meeting**
- ❖ The organisers reserve the right to refuse any entry
- ❖ In the event of a meeting being cancelled by the organisers (MCAA), due to circumstances beyond our control, then there will be a refund of 80% of entry fees. The withheld money will be used to offset the costs already incurred.

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.



## 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.*

**To check the status of registered medicines please visit [www.globaldro.com](http://www.globaldro.com). For information on testing procedures please visit [www.100percentme.co.uk](http://www.100percentme.co.uk). The UKA Anti-Doping Rules are available at [www.uka.org.uk](http://www.uka.org.uk). For general anti-doping queries please contact [antidoping@uka.org.uk](mailto:antidoping@uka.org.uk).**





### 2019 MIDLAND COUNTIES INDOOR COMMON ENTRY FORM

**PLEASE CIRCLE WHICH MEETING YOU ARE ENTERING** (1<sup>ST</sup> Open) (2<sup>ND</sup> Open) (Midland Champs) (Midland Champs/Birmingham Open) (3<sup>RD</sup> Open)

Surname..... First Names.....

(Women recently married please give previous surname as well)

Address.....

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

EA Reg No..... Club.....

Tel No Evening..... Mobile.....

E-mail..... Tel No Daytime.....

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 ( )
- U13 Boys ( )      U13 Girls ( )      IPC Classification ( )

Date of Birth..... **(SENIOR/U20's - age on 31.12.2019)**.....

Place of Birth..... **(Midland Champs only, including City of Birmingham Event)**

Drug statement read ( )

I wish to enter the following events:      2018 Best      POOL      Fee

I wish to enter the following events:	2018 Best	POOL	Fee

**Admin Total**      **£2.00**

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

I declare that I am eligible to compete under UKA Rules and that I am eligible to compete in the Midland Counties 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: Midland Counties Athletic Association, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR F.A.O. Val Day

**PLEASE ENSURE THAT THERE IS AN EMAIL ADDRESS ON YOUR PAPER ENTRY TO ENSURE YOU RECIEVE THE PAPERWORK.**

**ONLINE ENTRY FOR ALL EVENTS WILL BE AVAILABLE AND THE LINK WILL BE <https://goo.gl/eb5knq>**

**UKA RULE 141 S1 APPLIES** – athletes may choose to compete in an age group above their own, subject to the limitations in rule 141.

