

Combined Events Championships & Open

Sunday 29th September 2019
Peterborough Track



**Eastern Athletic
Association
Championships**
Incorporating County
Championships for

**Cambridgeshire
Norfolk
Suffolk**

Pentathlon (Championships & Open)

Under 15 Boys 80mH, Shot, LJ, HJ, 800m

Under 15 Girls LJ, 75mH, Shot, HJ, 800m

Pentathlon (Championships & Open)

Under 17 Men LJ, Jav, 200m, Discus, 1500m

Under 17 Women 80m H, Shot, HJ, LJ, 800m

Pentathlon (Championships & Open)

Under 20 Men LJ, Jav, 200m, Discus, 1500m

Under 20 Women 100m H, Shot, HJ, LJ, 800m

Pentathlon (Championships & Open)

Senior Men LJ, Jav, 200m, Discus, 1500m

Senior Women 100m H, Shot, HJ, LJ, 800m

Pentathlon (Championships & Open)

Under 13 Boys 75m H, Shot, HJ, LJ, 800m

Under 13 Girls 70m H, Shot, HJ, LJ, 800m

Trophies, Medal and Certificates will be presented in accordance with the rules laid down by each of the participating associations.

Entry fees: Pentathlon £9. Online entries available at <https://www.race-results.co.uk>

General Rules:

Club/County/National vest must be worn.

Athletes must register by 9.30am for a 10.30am start.

Registration opens at 9am.

Personal throwing equipment to be handed in for checking by 10am.

Competitors must wear numbers issued and must not fold or deface them.

The Associations reserve the right to refuse entries, vary the programme of events and cancel Championships under extreme circumstances.

England Athletics Registration Fees need to be paid.

**All appropriate sections of the entry form must be completed.
A valid registration number must be entered for the entry to be accepted.**

ENTRY FORM

Entry fees: Pentathlon £9

Entry forms: With correct entry fee and postage, Postal Entries close Monday 9th September 2019 and Online Entries at <https://www.race-results.co.uk> close on Friday 13th September 2019. Postal Entries should be sent to Mr David Lipscomb, 17 Valley Walk, Croxley Green, Nr Rickmansworth, Hertfordshire, WD3 3TA All cheques made payable to 'Eastern Athletic Association'. Enclose S.A.E. for timetable. If you want acknowledgement of entry please provide E-Mail Address

Entry details:

Event (Please tick appropriate box)

Pentathlon

Age Group (Please tick appropriate box)

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

Championship Entered (Please tick appropriate box)

Eastern Athletic Association

Cambridgeshire County

Suffolk County

Norfolk County

Open

Personal Details

Name Date of Birth

Address

Post Code

Tel No: Email:

Club/School

Registration Number **Qualification claimed** (tick one) Birth Residence

Personal bests 2018/19 please fill in all personal bests applicable to the events entered – they are used for seeding purposes to ensure you are in the correct race/pool for the relevant events.

75m Hurdles 80m Hurdles 100m Hurdles

110m Hurdles 100m 200m

400m 800m 1,500m

Shot Putt Long Jump (LJ) High Jump (HJ)

Discus Javelin 70m Hurdles

Entry Fees:

Entry Fee(s) enclosed £

Declaration:

I hereby declare that I am an amateur according to the eligibility rules of UK Athletics and that I will abide by the rules of competition

Signed

Date