



NORTHAMPTONSHIRE ATHLETIC ASSOCIATION

63rd COUNTY TRACK & FIELD CHAMPIONSHIPS

AT

ROCKINGHAM TRIANGLE, CORBY

ON

SATURDAY 8TH & SUNDAY 9TH MAY 2010

(Under UK Athletics Rules)

Age Group	Saturday 11.00am start	Sunday 11.00am start
Under20/Senior/ Veteran Men	200m, 800m, 5000m, 110m Hur, 400m Hur, 3000m Walk, Long Jump, Shot, Discus	100m, 400m, 1500m, High Jump, Triple Jump, Hammer, Javelin
Under 17 Men	200m, 800m, 100m Hur, 400m Hur, 3000m Walk, Long Jump, Shot, Discus	100m, 400m, 1500m, High Jump, Triple Jump, Hammer, Javelin
Under 15 Boys	200m, 800m, 80m Hur, 3000m Walk, Long Jump, Shot, Discus,	100m, 400m, 1500m, High Jump, Triple Jump, Hammer, Javelin
Under 13 Boys	200m, 800m, 75m Hur, 2000m Walk, Long Jump, Shot, Discus,	100m, 1500m, High Jump, Javelin
Under 11 Boys	200m, 800m, 1000m Walk, Long Jump,	100m, 1500m
Under20/Senior/ Veteran Women	200m, 800m, 5000m, 100m Hur, 400m Hur, 3000m Walk, High Jump, Shot, Discus	100m, 400m, 1500m, Long Jump, Triple Jump, Hammer, Javelin
Under 17 Women	200m, 800m, 80m Hur, 300m Hur, 3000m Walk, High Jump, Shot, Discus	100m, 300m, 1500m, Long Jump, Triple Jump, Hammer, Javelin
Under 15 Girls	200m, 800m, 75m Hur, 3000m Walk, High Jump, Shot, Discus,	100m, 300m, 1500m, Long Jump, Javelin
Under 13 Girls	200m, 800m, 70m Hur, 2000m Walk, High Jump, Shot, Discus,	100m, 1500m, Long Jump, Javelin
Under11 Girls	200m, 800m, 1000m Walk	100m, 1500m, Long Jump

AGE GROUPS

Under 11 Boys/Girls	9 years old on the day, under 11 years old on 31.08.10
Under 13 Boys/Girls	11 or 12 years old on 31.08.10
Under 15 Boys/Girls	13 or 14 years old on 31.08.10
Under 17 Men/Women	15 or 16 years old on 31.08.10
Under 20 Men/Women	17 years old on 31.08.10, under 20 years old on 31.12.10
Senior Men/Women	20 years old or over at midnight on 31.12.10
Veteran Women	35 years old or over on the day of competition
Veteran Men	35 years old or over on the day of competition

MAXIMUM NUMBER OF EVENTS PER ATHLETE PER DAY

Under 11s, Under 13s, Under 15s, Under 17s	3 events per day (in accordance with rule 107)
Under 20s	5 events per day
Seniors and Veterans	Unlimited

PLEASE NOTE

- All entries are to be on official entry form
- No athlete may compete unless entered on the programme
- Athletes 18 years and older must be a member of an affiliated Track & Field Club
- County qualification is either by birth or 9 months continual residence in Northamptonshire or by 9 months service in a unit of HM forces stationed in Northamptonshire
- All spectators will pay an entry fee of £1 per day

ENTRY FEES

Under 11s	£3.00 first event, £2.00 subsequent events
Under 13s/Under 15s/Under 17s	£4.00 first event, £3.00 second event, £2.00 subsequent events
Under 20s/Seniors/Veterans	£5.00 first event, £4.00 second event, £3.00 subsequent events

Cheques payable to "Northants A.A." NO CASH ACCEPTED

Entries to: Mark Wall, 610 Wellingborough Road, Northampton, NN3 3JB

Closing Date: Thursday 22nd April

Please enclose a 9"x7" SAE for competitor numbers and a separate SAE for timetable of events if required