

Eastern Athletic Association Track & Field Championships

Saturday 17th July 2010

Cambridge University Track

Wilberforce Road, Cambridge CB3 0EQ



Under UK Athletic Rules

Entries must be made using the form overleaf and returned with the correct entry fee(s). Late entries or entries not accompanied by the correct fees(s) will not be accepted. No entries will be accepted on the day.

Closing Date Thursday 1st July 2010

Numbers must not be mutilated or reduced in size.

Vests: under UK Athletics Rule 17 (3) athletes must wear the vest of their first claim Club, or their County, Regional or National vest. Athletes wearing any other vest will be liable to disqualification.

Awards: Medals will be awarded to athletes in 1st, 2nd and 3rd positions in all events.

Provisional time for first events - 10.00am.

Events

*Starting heights

Senior Men	U20 Men	U17 Men	Senior Women	U/20 Women
100m	100m	100m	100m	100m
200m	200m	200m	200m	200m
400m	400m	400m	400m	400m
800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m
3000m	3000m	3000m	3000m	3000m
110m Hurdles	110m Hurdles	100m Hurdles	100m Hurdles	100m Hurdles
400m Hurdles	400m Hurdles	400m Hurdles	400m Hurdles	400m Hurdles
Shot	Shot	Shot	Shot	Shot
Discus	Discus	Discus	Discus	Discus
Javelin	Javelin	Javelin	Javelin	Javelin
Hammer	Hammer	Hammer	Hammer	Hammer
High Jump	High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
Pole Vault (2.80m*)	Pole Vault (2.80m*)	Pole Vault (2.60m*)	Pole Vault (2.40m*)	Pole Vault (2.40m*)

U17 Women	U15 Boys	U15 Girls	U13 Boys	U13 Girls
100m	100m	100m	100m	100m
200m	200m	200m	200m	200m
300m	400m		800m	800m
800m	800m	800m	Long Jump	Long Jump
1500m	1500m	1500m	Shot	Shot
3000m				
80m Hurdles	80m Hurdles	75m Hurdles	75m Hurdles	70m Hurdles
300m Hurdles				
Shot	Shot	Shot		
Discus	Discus	Discus		
Javelin	Javelin	Javelin		
Hammer	Hammer	Hammer		
High Jump	High Jump	High Jump		
Long Jump	Long Jump	Long Jump		
Triple Jump	Triple Jump	Triple Jump		
Pole Vault (2.20m*)	Pole Vault (2.20m*)	Pole Vault (1.70m*)		

Entry Form

Entry fees: Senior Men, U20 Men, Senior Women & U20 Women £6.00 per event.
All other age groups £5.00 per event.

Please return this form, together with a **stamped addressed envelope** for acknowledgement/timetable etc to:
Mr A Cheatham, 13 Longfield Road, Capel St Mary, Ipswich IP9 2UA by 1st July 2010.

Do not send cash in envelopes.

Postage stamps will not be accepted as payment for entries.

Cheques and Postal Orders should be made payable to: 'Eastern Athletic Association'.

Please enter me for the following event(s) in the Eastern Athletic Association
Track & Field Championships on **Saturday 17th July 2010.**

Championships 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

Your details:

Name Date of Birth

Address

Post Code:

Tel no:

Club/School:

Registration number: Qualification claimed (tick one): Birth Residence

Events:

Event Best Performance 2009/10

Event Best Performance 2009/10

Event Best Performance 2009/10

Entry Fees:

Entry Fee(s) enclosed £

Declaration:

I hereby declare that I am an amateur according to the eligibility rules of U.K. Athletics.

Signed Date

Dates for your diary

Saturday 11th September 2010
Hibbard Trophy Meeting (Harlow)

Saturday 25th & Sunday 26th September 2010
Combined Events (Cambridge)

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