



WELSH ATHLETICS  
ATHLETAU CYMRU

# NORTH WALES INDOOR CHAMPIONSHIPS

## Saturday 23<sup>rd</sup> January 2016

North Wales Indoor Athletics Centre,  
Coleg Cambria, Kelsterton Rd, Connahs Quay, Flintshire, CH5 4BR

UKA LICENCED EVENT, UNDER UKA RULE



**Sponsored by Coleg Cambria**  
**Including an open junior and classification events**

Date	Age Groups	Closing Date
Saturday January 23 <sup>rd</sup> 2016	Male and Female U13, U15, U17, U20, seniors and masters plus U7, U9 and U11 open competition and various classification events.	11 <sup>th</sup> January

Age Groups	Must be born on or between	School Years	Maximum Events
U7 Athletes	01/09/2009- 31/08/2011	1	2 in one competitive day
U9 Athletes	01/09/2007 – 31/08/2009	2 or 3	2 in one competitive day
U11 Athletes	01/09/2005 – 31/08/2007	4 or 5	2 in one competitive day
U13 Athletes	01/09/2003 - 31/08/2005	6 or 7	3 in one competitive day
U15 Athletes	01/09/2001 - 31/08/2003	8 or 9	3 in one competitive day
U17 Athletes	01/09/1999 - 31/08/2001	10 or 11	3 in one competitive day
U20 Athlete	01/09/1997- 31/08/1999	12 or 13	4 in one day
Seniors/Masters over 35	01/09/1997 upwards		No limit

NORTH WALES REGIONAL ELIGIBILITY	
<b>BIRTH [A]</b>	If born in North Wales.
<b>RESIDENCE [B]</b>	If have been resident, (9 months) continuously in North Wales since August 1 <sup>st</sup> 2014.
<b>RETENTION [C]</b>	If having qualified under (b) or (c), they retain the qualification until they acquire residential qualification and compete in the championships of another Welsh region or an English county <b>AND</b> They have not taken part in a different Welsh Regional or English County Championships and not represented another Welsh Region or and English County in an Inter Regional or Inter County event since October 1 <sup>st</sup> 2014.
<b>Clothing</b>	In all events, competitors must wear at least vest and shorts (or equivalent clothing) which are clean and designed and worn as not to be objectionable, even when wet. Competitors must wear the vest of their first claim affiliated Club, Region, University or National vest. U7, U9 and U11 suitable sporting attire and a t shirt the colour of their local club.
<b>Equipment</b>	Only stadium blocks are to be used.
<b>Information</b>	<b>This event is PRE ENTRY ONLY, there will be no entry on the day</b> The timetable and other relevant information will be emailed (to those who supply a valid email address). A Final Timetable will be published after the closing date Postal entries, please print your email address on the entry form for an official response. Please ensure a stamped addressed envelope is sent, so numbers can be posted out with timetable. Masters is one age group only.
<b>Entry Fees</b>	<b>£4 per event</b>
<b>Payment by cheques</b>	<b>Please make cheques payable to North Wales Regional Athletics Council.</b>
<b>Postal Entries</b>	<b>Post Entries to</b> <b>Donna Welsh- Club Network Officer, Coleg Cambria, Kelsterton Rd, Flintshire, CH54BR. Please enclose a stamped addressed envelope.</b>

**UKA RULES FOR COMPETITION - RULE 107 COMPETITIONS CONFINED TO PARTICULAR AGE GROUPS**



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### January 23<sup>rd</sup> 2016 Events

Age	60m		60m Hdl		HJ		PV		LJ		TJ		SP		50m		SJ			
	✓	PB	✓	PB	✓	PB	✓	PB	✓	PB	✓	PB	✓	PB	✓	PB	✓	PB		
U7																				
U9																				
U11																				
U13																				
U15																				
U17																				
U20																				
Seniors/Masters																				
SDA																				

ATHLETES INFORMATION / ENTRY DETAILS MARKED * MUST BE COMPLETED – PLEASE PRINT CLEARLY																		
<b>*NAME</b>																		
<b>*REGISTRATION No</b>									<b>*CLUB</b>									
<b>*ADDRESS</b>															<b>*POST CODE</b>			
<b>*HOME TEL</b>				<b>MOBILE TEL</b>														
<b>*AGE GROUP</b>				<b>*D.O.B</b>	d	d	m	m	y	y	<b>*Please tick eligibility</b>		<b>Birth</b>					
<b>COACH NAME</b>												<b>Residence</b>		<b>Retention</b>				
<b>*EMAIL</b>																		
<b>*GENDER</b>				<b>CLASSIFICATION (disabled athletes only)</b>														
<b>PHOTOGRAPHY:</b> I give permission for my photograph to be taken during competition											<b>*Yes / No – delete as appropriate</b>							
<b>PARENTS SIGNATURE:</b> I give consent for my child to compete.																		
(Parents signature for athletes under 16 years of age.)																		