



WELSH ATHLETICS  
ATHLETAU CYMRU

# NORTH WALES INDOOR CHAMPIONSHIPS

## Saturday 7<sup>th</sup> January 2017

North Wales Indoor Athletics Centre,  
Coleg Cambria, Kelsterton Rd, Connahs Quay, Flintshire, CH5 4BR  
**UKA LICENCED EVENT, UNDER UKA RULES**



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

LICENCE NUMBER – NORTH R.A.C.TF.-06

Date	Age Groups	Closing Date
Saturday January 7 <sup>th</sup> 2017	Male and Female U13, U15, U17, U20, seniors and masters and U11 open competition and various classification events.	21 <sup>st</sup> December

Age Groups	Must be born on or between	School Years	Maximum Events
U11 Athletes	01/09/2006 – 31/08/2008	4 or 5	2 in one competitive day
U13 Athletes	01/09/2004 - 31/08/2006	6 or 7	3 in one competitive day
U15 Athletes	01/09/2002 - 31/08/2004	8 or 9	3 in one competitive day
U17 Athletes	01/09/2000 - 31/08/2002	10 or 11	3 in one competitive day
U20 Athlete	01/01/1998 - 31/08/2000	12 or 13	4 in one day
Seniors/Masters over 35	31/12/1997 or previous	N/A	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> 2015.
<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> 2015.
<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. U11's - 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>11, Pant-y-Fawnog Drive, Buckley, Flintshire CH7 2PD</b>
<b>ANTI DOPING</b>	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 <a href="http://www.globaldro.com">www.globaldro.com</a> . For information on testing procedures please visit <a href="http://www.ukad.org.uk">www.ukad.org.uk</a> . The UKA Anti-Doping Rules are available at <a href="http://www.uka.org.uk">www.uka.org.uk</a> . For general anti-doping queries please contact <a href="mailto:antidoping@uka.org.uk">antidoping@uka.org.uk</a> ."



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## **UKA RULES FOR COMPETITION - RULE 141 (Previously 107)**

### **COMPETITIONS CONFINED TO PARTICULAR AGE GROUPS**

- North Wales indoor Athletics Centre will be hosting sprint races only, however the information below will be useful when competing in future events and championships with additional track & field events.

#### **UNDER 13 ATHLETES**

(ii) Other than when competing in a combined event Under 13's may compete in maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay. Where a walking event is included in the total, the competitors shall be restricted to maximum of 3 running or walking events (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule 308 (3000m walks). If athletes in this age group are competing in a combined event they are not allowed to compete in any other event on the same day.

(iii) Athletes in this age group may compete in track races not exceeding 1500 metres subject to the restrictions in (iv) below. No Under 13 athlete is allowed to compete in any steeplechase event.

(iv) No athlete in this age group is allowed to compete in any race at 300 metres and 400 metres, nor in more than one different event between 600 metres and 1500 metres inclusive on the same day.

#### **UNDER 15 ATHLETES**

(ii) Other than when competing in a combined event Under 15's may compete in maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay. Where a walking event is included in the total, the competitors shall be restricted to maximum of 3 running or walking events (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule 308 (5000m walks). If Under 15's are competing in a combined event they are not allowed to compete in any other event on the same day.

(iii) No athlete in this age group is allowed to run in any race in excess of 3000 metres. No Under 15 athlete is allowed to run in any steeplechase event.

(iv) No athlete in this age group is allowed to run in more than one different event between 600 metres and 3000 metres inclusive on the same day.

#### **UNDER 17 ATHLETES**

(ii) Other than when competing in a combined event, Under 17's may compete in maximum of four events on one day of an athletics meeting, and if so doing, one of these must be a relay. If Under 17's are competing in a combined event they are not allowed to compete in any other event on the same day.

(iii) No athlete in this age group is allowed to run in any track event in excess of 5000 metres.

(iv) Under 17 athletes may compete against juniors or seniors in track events, including National and County Championships, in events not exceeding 3000 metres (including steeplechase), subject to any limitations as to standard laid down by the organisers.



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### January 7<sup>th</sup> 2017 Events

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

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

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