# Kent County Athletic Association

SPORTS HALL ATHLETICS – WINTER 2019/2020

**(held in the spirit of UK Athletics rules)**

# Entries

* **Under 13** (School years 7 and 8), **Under 15** (School years 9 and 10) That is, last summer’s age groups. *(for under-11, see separate sheet)* **Under 17**Kent Championships only
* **Team League Scoring** - The scores for the three best scoring athletes per age group for each club/school will be totalled for all 3 general meetings to determine the finish team positions for each age group.
* **Individual Scoring** - The scores for each individual athlete in each age group will be totalled for all 3 general meetings to determine the individual athlete position for each age group.
* The number of athletes per club/school in any age group may be limited if the meeting is oversubscribed.

# THE EVENTS

# Team Pentathlon events: On all dates except for the Championships on 8th December, all athletes will do the pentathlon, consisting of the events shown in the table. The Championships will be individual, not team, and athletes may select up to four of the events shown.

|  |  |  |  |
| --- | --- | --- | --- |
| **U13-U15** |  |  |  |
| **6th October** | **17th November**  | **8th December** | **9th February** |
| **Tunbridge Wells** | **Ashford** | **Kent Champs** | **Tunbridge Wells** |
|   |  | **Ashford** |  |
| 2 lap race | 4 lap races | 2/4/6 lap races |  |
| Vertical jump | Vertical jump | Vertical jump | Vertical jump |
| Standing Triple Jump | Standing Long Jump | Standing Long Jump | Standing Long Jump |
|   |   | Standing Triple Jump |   |
| Speed bounce | Speed bounce | Speed bounce | Speed bounce |
| Shot | Shot | Shot | Shot |

**Individual entrants** may do any or all of these events, including the pentathlon.

The 6 lap race on 9th December is included to aid selection for the Regional Inter-county match in March.

**TIMES:** Teams should arrive in time to collect their numbers from team managers and arrange to do their individual warm-up (not mass) at 1:35pm for a **1.45 start** (10:20am for a 10.30 start at the championships meeting in December). We should be on our way home by 5.00pm (4.00pm Championships). (Any variation in times will be notified on the KCAA Website www.kcaa.org.uk)

**This year we would like all teams to bring at least two parent helpers or officials. To help with the smooth running of the events. As there is no U17 competition this year apart from the county champs perhaps they would like to come and help.**

**DATES & VENUES:**

##### Tunbridge Wells: St Johns Leisure Centre 6th October

**Ashford Stour Centre 17th November**

**Kent Championships:** **Ashford Stour Centre 8th December (10.30 am start)**

##### Tunbridge Wells: St Johns Leisure Centre 9th February

###### Note that entry submissions must be received by the Tuesday before the Sunday competition.

**A full declaration of athlete names must be submitted electronically by the Friday before the competition. A hard copy must be submitted on the day with any amendments highlighted.**

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## ENTRY FORM FOR UNDER 13/15 EVENTS

**Entry for Tunbridge Wells / Ashford / \* / TBC**

##  (Highlight required venue)

***\*(Use the separate individual’s entry form for the Kent Championships on***

***8th December at the Stour Centre Ashford)***

|  |  |
| --- | --- |
| Name of Club/School |   |
| Name of person making team entry |   |
| Address |   |
|   | Tel (day) |   |
| Tele (evening) |  | E-mail |  |

|  |  |  |
| --- | --- | --- |
| Age Group |  | No of Athletes Entered |
| U13G |  |  |
| U13B |  |  |
| U15G |  |  |
| U15B |  |  |

## Full names of all competitors will be required to be submitted on declaration forms, available on download from the website, to be submitted in advance on the Friday prior to the competition. A confirmed copy will need to be handed in on the day of competition. Entry forms and declarations to be sent to brian@kcaa.org,uk.

Results will be posted on the KCAA website [www.kcaa.org.uk](http://www.kcaa.org.uk) .

**ENTRY FEES:**  £6.00 per individual. Payment in full by BACS transfer to be submitted at the time of the declaration is the preferred method of payment. Our BACS account details are: Bank: Barclays Plc. Sort Code: 20-06-72 Account No.: 40546445 Account Name: Kent County Athletic Association.

Payment by cheque or postal order payable to Kent County Athletic Association sent to Brian Charlton, Jesmond Dene, Seed Road, Newnham, Sittingbourne, Kent ME9 0NA will be acceptable. Payment only for accepted additional entries on the competition day will be accepted.

**Last dates for receiving entries:**

**Tunbridge Wells 1st October**

 **Ashford 12th November**

 **Ashford 3rd December**

 **Tunbridge Wells 4th February**