

SPORTS HALL ATHLETICS – WINTER 2009/2010

(held in the spirit of UK Athletics rules)

Kent Championships: Angel Centre, Tonbridge 13th December

AGE GROUPS AND COMPETITION OUTLINE

- **Under 13** (School years 7 and 8),
- **Under 15** (School years 9 and 10)
- **and Under 17** (school years 11 and 12).
- That is, last summer's age groups. (*for under-11, see separate sheet*)
- These championships are individual. That is, there is no team competition and no pentathlon.
- Competitors may enter up to a maximum of **four** events selected from the list shown below.

The events:

- 2-lap race
- 4-lap race
- 6-lap race
- Shot,
- Standing long
- Standing triple jump
- Vertical jump, and
- Speed bounce.

In the South East Region match on 14th February, there will be an U13 high jump. As it is not practicable to include this event in our championships, and we could only hold the event once this winter, if you have a performance from last summer, please state it on the championships entry form as this will assist the team selectors.

TIMES: Competitors should be available for the mass warm-up at **11:15am**. We should be on our way home before 4:30pm.

PRIZES: For each event, there will be medals for the first three places.

COUNTY TEAM SELECTION: The team to represent Kent in the South East Region match on 14th February will be selected immediately after the championships. The team selectors will be guided by current known form and so results at these championships will be an important factor.

ENTRY FORMS: Please copy the enclosed form as necessary for the number of entrants.

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ENTRY FORM FOR UNDER-13, UNDER-15 & UNDER-17 EVENTS

Kent Championships: Angel Centre, Tonbridge 13th December

Name of competitor (first name) _____ (surname) _____

Age group (U13, U15 or U17 on 31/08/2009) _____ Date of Birth _____

Name of Club/School _____

Address _____

_____ Tel (day) _____

Tel (even) _____ E-mail _____

EVENTS ENTERED: *Circle events selected (four maximum)*

2-lap	4-lap	6-lap	Standing long jump	Standing triple jump	Vertical jump	Shot	Speed bounce
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Will you be available for selection to compete for the county on 14th February?

YES / NO (delete as appropriate)

High jump performance in summer of 2009 (if any): _____

ENTRY FEES: Fixed entry fee of £3.00 for any number of events up to the maximum of four (*£3.00 for four events, not for each event*). Cheque or postal order payable to Kent County Athletic Association.

ENTRIES TO: **Brian Charlton Jesmond Dene, Seed Road, Newnham, Sittingbourne, Kent ME9 0NA (01795 890200 evenings only)**

S.A.E. for acknowledgement and map

Closing date for entries: 8th December 2009