

Kent County Athletic Association

SPORTS HALL ATHLETICS – WINTER 2009/2010

(held in the spirit of UK Athletics rules)

THE TEAMS

- **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*)
- Four boys **or** four girls for Under-13 and Under-15 teams. No team competition for Under-17's.
- Individuals may enter in any of the 3 age groups.
- The number of teams per club/school in any age group may be limited if the meeting is oversubscribed.

THE EVENTS

Team event: On all dates except for the Championships on 14th December, all team members 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.

1st November Folkestone	13th Dec Tonbridge	31st Jan tba	28th Feb tba	14th March tba
2 lap race	2/4/6 lap races	2 lap race	4 lap race	2 lap races
Vertical jump	Vertical jump	Vertical jump	Vertical jump	Vertical jump
Standing Triple Jump	Standing Long Jump	Standing Long Jump	Standing Long Jump	Standing Triple Jump
	Standing Triple Jump			
Speed bounce	Speed bounce	Speed bounce	Speed bounce	Speed bounce
Shot	Shot	Shot	Shot	Shot

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

The 6 lap race on 13th December is included to aid selection for the regional inter-county match on 14th February.

TIMES: Teams should arrive in time to collect their numbers and be ready for the mass warm-up at 1.40pm (**11:15am** for the championships in December). We should be on our way home by 6.00pm. (Any variation in times will be notified with entry confirmations)

DATES & VENUES:

Folkestone:	Folkestone Sports Centre	1st November
Kent Championships:	Tonbridge, Angel Leisure Centre	14th December (11:30 start)
tba:		31st January
tba:		28th February
tba:		14th March

Note that entries must be received by the Tuesday before the Sunday competition

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ENTRY FORM FOR UNDER 13/15/17 EVENTS

Entry for Folkestone / Tonbridge / tba / tba / tba
(ring required venue)

*(There will be a separate entry form for the Kent Championships on
14th December at the Angel Centre in Tonbridge)*

Name of Club/School _____

Name of person making entry _____

Address _____

_____ Telephone (day) _____

Telephone (evening) _____ E-mail _____

TEAMS ENTERED:

INDIVIDUALS ENTERED:

Age Group	Boys/Girls	Number of teams	Age Group	Boy/Girl	Number of individuals
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Full names of all competitors will be required on declaration forms to be handed in on the day of competition. Declaration forms will be sent with acknowledgement of entries. Individuals will also declare the event(s) entered.

Results will be posted on the KCAA website www.kcaa.org.uk . They can also be emailed to team managers on request.

ENTRY FEES: £12 per team. £3.00 for an individual. Cheque or postal order payable to Kent County Athletic Association.

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

S.A.E. for acknowledgement, declaration form and map

Last dates for receiving entries:

Folkestone	27th October
Tonbridge	8th December
tba	
tba	
tba	

Photography: Subject to the particular restrictions of each sports venue, all persons wishing to take photographs must obtain permission at each meeting in accordance with the requirements of UK: Athletics policy