

**LEICESTERSHIRE & RUTLAND AA PENTATHLON CHAMPIONSHIP
and OPEN COMBINED EVENTS COMPETITION**

Saturday 3rd September 2016 Saffron Lane Athletics Stadium, Leicester, LE2 7NL

Leicestershire & Rutland AA is pleased to offer its third Combined Events Open and Championship Meeting. The Pentathlon events are held under the 2016 UKA Rules of Competition. The Under 11s competition uses the guidelines of QuadKids UK and England Athletics.

➤ **The Competition includes the following age and gender categories.**

- Under 17 Men: 100m Hurdles, Shot Put, Long Jump, High Jump, 1500m
- Under 17 Women: 80m Hurdles, Shot Put, Long Jump, High Jump, 800m
- Under 15 Boys: 80m Hurdles, Shot Put, Long Jump, High Jump, 800m
- Under 15 Girls: 75m Hurdles, Shot Put, Long Jump, High Jump, 800m
- Under 13 Boys: 75m Hurdles, Shot Put, Long Jump, High Jump, 800m
- Under 13 Girls: 70m Hurdles, Shot Put, Long Jump, High Jump, 800m
- Under 11 QuadKids Boys/Girls: 75m, Long Jump, Howler, 600m (Open only)
- Under 11 QuadKids Boys/Girls Wheelchair users: 75m, 110m Slalom, Grip Ball, 200m (Open only)

➤ **Age Group Qualifying Dates for the Open Competition and the L&RAA Championships**

- Under 17 athletes are aged 15 or 16 on 31st August 2016
- Under 15 athletes are aged 13 or 14 on 31st August 2016
- Under 13 athletes are aged 11 or 12 on 31st August 2016
- Open QuadKids are aged at least 8 on 3rd September 2016 and are 8, 9, or 10, on 31st August 2016

➤ **Please note the following important information**

- All athletes aged 11-16 must have a current EA number
- Athletes entering the Leics & Rutland AA Championships need to be eligible by either **birth** in the Counties of Leicestershire/ Rutland, or by **continuous residence** in either of those Counties in the 9 months prior to the Championships. You must indicate on the paper or on line entry form your eligibility criteria for entry.
- All Championship athletes must wear their club vests.
- All athletes for the Championships and the Open will compete together.
- L&RAA County Medals will be awarded to the first three male and female Under 17, Under 15 and Under 13 athletes in the Combined Events County Championships
- Medals will also be awarded for the winners in the Open competition.
- No athlete will be awarded more than one medal
- Results will be displayed on the day and medals will be presented at the end of the day
- The results, once verified will be available on the L&RAA website and on Power of 10.
- The competition begins at 10:00. The QuadKids event finishes at 16:30; the Pentathlon events finish at 18:30. A full timetable will be published after the closing date on the events page of www.LRAA.org.uk
- Enquiries & Information: Contact@LRAA.org.uk
- There is a paper entry form that can be downloaded if you prefer not to enter on line. However due to the additional work involved there is sadly an additional charge for this facility.