

**Sunday 16<sup>th</sup> August 2015 at Saffron Lane Athletics Stadium, Leicester LE2 7NQ**

## **INFORMATION FOR ATHLETES/PARENTS**

**This is the second year of the Combined Events Open Meeting incorporating the County Combined Events Championships** in partnership with **Leicestershire & Rutland Athletics Association (L&RAA)**. The Pentathlon events are held under the **2015 UKA Rules**. The QuadKids competition uses the guidelines of QuadKids UK and incorporates a new UKA Disability option.

**The Combined Events Open: The event 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
- ❖ **Age 8-11 Boys/Girls:** 75m, Long Jump, Howler, 600m  
or Wheelchair sprint, Slalom, Grip Ball, 200m

### **The County Championships (also see [www.LRAA.org.uk](http://www.LRAA.org.uk))**

The event includes the following age and gender categories entering the same five disciplines:

Under 17 Men, Under 17 Women, Under 15 Boys, Under 15 Girls, Under 13 Boys, and Under 13 Girls.

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

- ❖ Under 17 athletes are aged 15 or 16 on 31<sup>st</sup> August 2015
- ❖ Under 15 athletes are aged 13 or 14 on 31<sup>st</sup> August 2015
- ❖ Under 13 athletes are aged 11 or 12 on 31<sup>st</sup> August 2015
- ❖ Age 8-11 athletes are aged at least 8 on 16<sup>th</sup> August and are 8, 9, 10 or 11 on 16th August 2015

### **Rules for County Championships**

**The event is held under UKA Rules and you also need to be aware of the following conditions**

For the Championships you will need to be eligible by either **birth** in the Counties of Leicestershire or 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 criteria for entry.

All Championship athletes who are in a club must wear their club vests.

All the athletes for the Championships and the Open will compete together.

**Medals and Results:** 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 for the Open competition will be awarded to the first three male and female Under 17, Under 15, Under 13 and QuadKids (8-11) athletes

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

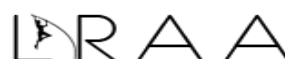
The results, once verified will be available on the L&RAA website and the Power of 10

### **Timetable**

A full timetable will be published after the closing date on the events page of [www.LRAA.org.uk](http://www.LRAA.org.uk). The competition begins at 10:00. The QuadKids event finishes at 16:30; the Pentathlon events finish at 18:30.

**Enquiries:** [Contact@LRAA.org.uk](mailto:Contact@LRAA.org.uk) **OR** [Leicesterathletics@mail.com](mailto:Leicesterathletics@mail.com)

**Entry Fee: Under 17s/15s - £23 (£21.80 Online); Under 13s - £21 (£18.80 Online); QuadKids - £7 (£6.00 Online)**



**You can enter** on paper using the entry form on page 3 of this information.

**Closing date for paper entries is 2 pm on 1<sup>st</sup> August 2015**

**You can enter** using the following code on some phones and laptops



**You can enter** using this link to the online entry website at Bookitzone.com

[Enter online by clicking here.](#)

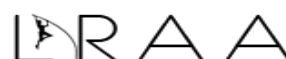
**You cannot enter after the closing date of**

**3<sup>rd</sup> August 2015**

**Enquiries: [contact@LRAA.org.uk](mailto:contact@LRAA.org.uk)**

**Further information, rules, online entry link and entry fee details, on [www.LRAA.org.uk](http://www.LRAA.org.uk)**

**LEICESTERSHIRE & RUTLAND AA PENTATHLON CHAMPIONSHIPS and**



## COMBINED EVENTS OPEN COMPETITION

Sunday 16<sup>th</sup> August 2015 at Saffron Lane Athletics Stadium, Leicester LE2 7NQ

PAPER ENTRY FORM (online entry at [www.bookitzone.com](http://www.bookitzone.com))

### 1. Please Circle or Highlight Relevant Age Group and Gender Competition

Under 17 Boys Pentathlon

Under 17 Girls Pentathlon

Under 15 Boys Pentathlon

Under 15 Girls Pentathlon

Under 13 Boys Pentathlon

Under 13 Girls Pentathlon

Age 8-11 Boys QuadKids

Age 8-11 Girls QuadKids

Age 8-11 Disability QuadKids

### 2. Please circle/highlight if you are entering the L&RAA Championships and your entry criteria

County Championships by birth

County Championships by residence

Open only

### Entry Form and Entry Fee Information:

**Under 17s/15s - £23** (£21.80 Online); **Under 13s - £21** (£18.80 Online); **QuadKids - £7** (£6.00 Online)

Entry Forms to: L&R AA c/o 41 Highcroft Avenue, Leicester. LE2 5UH

Cheques Payable To: Leics & Rutland AA. **Closing date for paper entries is 2 pm on 1<sup>st</sup> August 2015**

### 3. Personal Information

Last Name

First Name

Date of Birth

Club (or School if no club)

Address (including Post Code)

Email

Phone No

Confirmation will only be sent by email or text

EA Number (URN for Athletes in a club):

### 4. Season's Bests (If known) for u13, u15, u17 only

70 Hurdles		75 Hurdles		80 Hurdles		100 Hurdles	
		200m		800m		1500m	
Discus		Shot Put		High Jump		Long Jump	

### DECLARATION

I agree to abide by the UKA Rules of Competition for this event.

I have read the accompanying notes.

**Signed by parent/guardian/carer >>>**

**Print Name >>>>**

