

Sunday 27th July 2014 at Saffron Lane Athletics Stadium, Leicester LE2 7NQ

INFORMATION FOR ATHLETES/PARENTS

Leicester Athletics Promotions (LAP) is pleased to offer this new **Combined Events Open Meeting** in partnership with **Leicestershire & Rutland Athletics Association (L&RAA)**. The Pentathlon events are held under the **2014 UKA Rules**. The QuadKids competition uses the guidelines of **QuadKids UK**

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

Under 11 Boys/Girls: 75m, Long Jump, Howler, 600m

The County Championships (also see 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 31st August 2014

Under 15 athletes are aged 13 or 14 on 31st August 2014

Under 13 athletes are aged 11 or 12 on 31st August 2014

Under 11 athletes (Open only) are aged at least 8 on 27th July 2014 and are 8, 9, or 10 on 31st August 2014

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.
- This is an inaugural trial event for L&RAA with an option to make it an annual event in the future.

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 Under 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, Power of 10, and the LAP website

Timetable

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

Enquiries and Entry Fees

Leicesterathletics@mail.com **OR** contact@LRAA.org.uk Entry fee details are:

Under 17s/15s - £23 (£21.80 Online); **Under 13s** - £21 (£18.80 Online); **Under 11s** - £7 (£6.00 Online)

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

Sunday 27th July 2014 at Saffron Lane Athletics Stadium, Leicester LE2 7NQ

PAPER ENTRY FORM (online entry at 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

Under 11 Boys QuadKids

Under 11 Girls 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

3. Entry Form and Entry Fee Information:

Under 17s/15s - £23 (£21.80 Online); **Under 13s - £21** (£18.80 Online); **Under 11s - £7** (£6.00 Online)

Entry Forms to: Leicester Athletic Promotions c/o 41 Highcroft Avenue, Leicester. LE2 5UH

Cheques Payable To : LADG (Leicester Athletic Development Group)

Closing date for paper entries is 5 pm on Wednesday 16th July (online entry has a later closing date)

4. Personal Information

Surname	
First Name	Date of Birth
Club (or School if no club)	
Address	
Post Code	Phone No
Email confirmation will be sent by email or text	
EA Number (if known)	

Personal Bests (If known) for u13, u15, u17 only

70 Hurdles		75 Hurdles		80 Hurdles	
100 Hurdles		200m		600m	
800m		1500m		Long Jump	
Discus		Shot Put		High Jump	

DECLARATION

- ✓ I agree to abide by the UKA Rules of Competition for this event.
- ✓ I have read the accompanying notes.

Signed by parent

Print Name