

LEICESTERSHIRE & RUTLAND AA PENTATHLON CHAMPIONSHIP & OPEN COMPETITION
With 5000m County Championship and Open Competition
Saffron Lane Athletics Stadium, Leicester, LE2 7NQ

All events are held under the UKA Rules of Competition with a UKA Permit (OUT 227)

Athletes from local schools/colleges are particularly encouraged to enter the Pentathlon

Closing date: Online 17/5/17 at 20:00 hrs; Paper (Pentathlon only) 10/5/17 at 17:00 hrs.

○ **Age and Gender Categories for Competitions**

- Under 20 Men: Long Jump, Javelin, 200m, Discus and 1500m (Open Only) - NEW
- Under 20 Women: 100m Hurdles, Shot Put, Long Jump, High Jump, 800m (Open only) - NEW
- Under 17 Men: 100m Hurdles, Shot Put, Long Jump, High Jump, 1500m (Champs and Open)
- Under 17 Women: 80m Hurdles, Shot, Long Jump, High Jump, 800m(Champs and Open)
- Under 15 Boys: 80m Hurdles, Shot Put, Long Jump, High Jump, 800m (Champs and Open)
- Under 15 Girls: Long Jump, 75m Hurdles, Shot Put, High Jump, 800m (Champs and Open)
- Under 13 Boys: 75m Hurdles, Shot Put, Long Jump, High Jump, 800m (Champs and Open)
- Under 13 Girls: Long Jump, 70m Hurdles, Shot Put, High Jump, 800m (Champs and Open)
- Senior (20+) and Junior (U20) Men and Women: 5000m (Champs and Open) - NEW

○ **Age Group Qualifying Dates**

- Senior Athletes (for the 5000m) are aged 20 or more on 31st August 2017
- Under 20 athletes are aged 17, 18 or 19 on 31st August 2017
- Under 17 athletes are aged 15 or 16 on 31st August 2017
- Under 15 athletes are aged 13 or 14 on 31st August 2017
- Under 13 athletes are aged 11 or 12 on 31st August 2017

○ **Conditions of entry**

- All club athletes aged 11 and over must have a current EA number to be eligible for all events
- School age athletes not yet in a club can still enter the competitions
- 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 your eligibility criteria for entry.
- All Championship athletes must wear their club (or school) 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 athletes entering the Championships. Medals will also be awarded for the winners in the Open competitions.
- No athlete will be awarded more than one medal.
- Athletes will not attend unless in good health on the day of the event and accept that they attend at their own risk.
- In the unlikely event of abandonment or cancellation, all or part of the entry fee may be retained for the management and administration of the event.

Important Information

➤ Entry Details

Online Entries: We are using the online entry company called "BookitZone" (BiZ for short). If this is the first time you have used this company then you will need to register with them and receive a confirmation email before you can make your entry. If you have used BiZ before for our similar events in the past then you do not need to register again. The county association (Leics & Rutland AA) prefers that you enter online and this is reflected in the more favourable entry fee structure (as well as a later closing date). The link to the online entry system is: https://bookitzone.com/Leics_Athletics/oy2FFX

Paper Entries: Please download a paper entry form from our county website or from the link at BiZ and return the completed form BY EMAIL ATTACHMENT to: Contact@LRAA.org.uk by 5 pm on 10th May. Please indicate in your email if you wish to pay by BACS or Cheque. We will then send you the details for your payment which will be acknowledged when it arrives. Your entry will not be valid unless payment is received.

NB: There is no facility for paper entries for the 5000m competition.

➤ Entry Fees

The county association (Leics & Rutland AA) prefers that you enter online and this is reflected in the more favourable entry fee structure below (as well as a later closing date).

Pentathlon Under 20s/17s/15s - £25 Online entry (including handling fees); £27 Paper entry

Pentathlon Under 13s - £20 Online entry (including handling fees); £22 Paper entry

5000m All Entries - £7; No paper entries permitted

➤ Timetable

The pentathlon competition begins at 10:00 (approx.).

The 5000m men's race will be at 15:00 (approx.) and the women's race at 15:45 approx.

A full timetable will be published after the closing date on the events page of www.LRAA.org.uk.

You will be expected to check the final timetable on the county LRAA.org.uk site.

➤ Results

Draft 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.

Electronic Timing is provided by Bucks and Oxon Photo Finish Team.

➤ Leicestershire & Rutland Schools

The organisers hope that new athletes from local schools/colleges will be competing as we try to re-build a tradition of local youngsters competing in combined events competitions.

➤ Enquiries & Information

Contact@LRAA.org.uk