

Welsh Athletics

Outdoor Track & Field Championships 2009



WELSH ATHLETICS
ATHLETAU CYMRU

PLEASE NOTE: BEFORE YOU COMPLETE THIS ENTRY FORM YOU CAN NOW ENTER ONLINE. YOU WILL THEN HAVE INSTANT CONFIRMATION OF ENTRY.

7th June	U17 & U20 Open Championships - Newport Track - includes U13B/G & U15B/G 1500m
13th June	Senior Open Championships - Cardiff Track - includes U17M/W & U20 M/W 3000m
11th July	U13 & U15 Championships - Cardiff Track - includes SM/SW 5000m & Relays
5th August	Senior 10,000m Championships - Neath Track - incorporated into the Neath Open meeting

AGE GROUPS

U13 Athletes	must be born on or between	01/09/96 - 31/08/98
U15 Athletes	must be born on or between	01/09/94 - 31/08/96
U17 Athletes	must be born on or between	01/09/92 - 31/08/94
U20 Athletes	must be born on or between	01/01/90 - 31/08/92

WELSH ELIGIBILITY

(A) Athletes who were born in Wales **(B)** Parentage where one or both parents were born in Wales **(C)** minimum of 2 years continuous residence in Wales immediately prior to the event to be competed in **(D)** athletes who have competed for Wales at full senior international level under the residence qualification retain their Welsh eligibility, regardless of residence, until such time as they compete for another country (but not another area)

Eligibility must be confirmed by Welsh Athletics

CLOSING DATE

7th June	U17 & U20 Open Championships	Friday 29th May
13th June	Senior Open Championships	Friday 5th June
11th July	U13 & U15 Championships	Friday 3rd July
5th August	Senior Open 10,000m Championships	Friday 31st July

CLOTHING

In all events competitors must wear at least vest and shorts (or equivalent clothing) which are clean and as designed and worn as not to be objectionable, even when wet. Competitors must wear the vest of their first claim affiliated club or County, Territorial or National Vest

EQUIPMENT

Stadium blocks only to be used

INFORMATION

A timetable will be emailed after the closing date of the relevant Championships. Timetables will be posted on the website; entry lists are available when you enter online.

ENTRY FEE

7th June	U17 & U20 Open Championships	£6.50
13th June	Senior Open Championships	£8.50
11th July	U13 & U15 Championships	£6.50
11th July	Relay Teams (per team)	£10.00
5th August	Senior Open 10,000m Championships	£8.50

There will be a £2 Administration charge for Championship paper entries from Jan 1st 2010

**PLEASE ENCLOSE A CHEQUE MADE OUT TO WELSH ATHLETICS LTD
OR POSTAL ORDER IN UK STERLING, NO CASH, WITH YOUR ENTRY FORM TO**

Welsh Athletics Ltd, Cardiff International Sports Stadium, Leckwith Road, Cardiff, CF11 8AZ

ANTI DOPING All Athletes and athletes support personnel are bound by UKA/IAAF Anti doping Rules (which can be found on the UKA website www.ukathletics.net). In particular athletes should ensure that they register any use of prescribed medication containing prohibited substances prior to use or (in emergency cases) immediately after use. Medication can be checked on the website at www.didglobal.com. For further information please contact the UKA Anti doping Department; David Herbert on 0121 713 8432 or Rachael Thompson on 0121 713 8466

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PLEASE COMPLETE A SEPARATE ENTRY FORM FOR EACH INDIVIDUAL CHAMPIONSHIP

2009 OUTDOOR CHAMPIONSHIPS

Please tick championship you are entering clearly

7th June – U17 & U20 Open

3th June – Senior Open

11th July – U13 & U15 & Relays

5th August – Senior Open 10,000m

ENTRY DETAILS

Please complete all the information in the spaces provided – Personal Best times must be entered for track events if available to help processing seeding at the

SURNAME

FIRST NAME

CLUB

ARE YOU WELSH BY (PLEASE TICK) A

B

C

D

NUMBER & STREET

TOWN

POST CODE

DATE OF BIRTH

PHONE NUMBER

Email

Parent / Guardian signature if under 16

AGE GROUPS AND EVENTS

PLEASE FILL OUT THE CORRECT BOXES

U13G

U15G

U17W

U20W

SEN W

U13B

U15B

U17M

U20M

SEN M

U17 – U20 AND SENIOR PLEASE TICK IF YOU ARE WELSH

TRACK EVENTS

Event & PB

100m

200m

HJ

PV

300m

400m

LJ

TJ

800m

1500m

SP

DT

3000m

10,000m

HT

JT

SP Hdl

3/400 Hdl

4 X 100 RELAYS

CLUB

FIELD EVENTS



Direct Source (U.K.) Ltd.



UNITED KINGDOM ATHLETICS

