

Handforth Wilmslow Alderley Athletics Club

Affiliated to England Athletics

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Junior Multievent Championships, Macclesfield 12th September 2010

We are pleased to enclose Entry Form(s) for this year's Championships. You may note that as previously, there is a **single competition** for boys and girls under 11 years. We have again included the option of **sprint hurdles for u13 boys and girls**, this gives these athletes an opportunity to prepare for the Pentathlon when they move up to u 15. Overleaf is an extract from the scoring tables which may be useful as an indicator of performance standards and a guide where choice of events is possible.

In previous years considerable problems and delays have arisen because instructions on the Entry Forms have not been followed fully. Can you **include an e-mail address**, if possible, to help with communication. It would greatly help us and save some of the delays and embarrassment experienced previously if you could check the following points before returning the Entry Forms.

- ☺ Ensure that **male or female** is indicated.
- ☺ Athlete's **Registration Number** must be given.
- ☺ **County Qualification** section must be completed correctly if athletes wish to compete in the County Championships.
- ☺ Athletes u 13 wishing to compete in **hurdles; high jump or javelin must show their choice(s)** on the entry form.
- ☺ Cheques payable to Handforth Athletics Club must be **signed!**
- ☺ If numbers in any age group need to be capped, entries will be dealt with in order of receipt. **The deadline for receipt of entries** will not be extended.

In addition please note that

The first events for the Pentathlon (u 17 & u 15) are timed for 10.30 a.m.;

The first events for the Triathlon (u 13 & u11) are timed for 11.30 a.m.

Numbers will be issued on the day and will be available for collection from 10.00 a.m.

Extract from Scoring Tables (Five Star Award Scheme)

Scores for strong, median and weak performances u11 and u 13 boys and girls

Event	strong	points	median	points	weak	points
100 m/sec	14.2	69	16.1	40	18.9	12
800 m/min.	2 30	74	3 .00	60	3 28	45
long jump/m	4.63	77	3.48	54	2.5	21
high jump/m	1.41	75	1 .30	66	1 .14	50
javelin/m	31.49	79	14. 50	43	6.85	16
shot/m	6.84	59	6 .40	55	4 .40	35
70/75m hurdles	12.8 s	80	15.8 s	50	16.8 s	40



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Cheshire County Athletics Pentathlon Championships and Open Meeting u15 Boys and Girls; u17 Men and Women (u17's Open event only)

Cheshire County Athletics Triathlon Championships and Open meeting u13 Boys and Girls; u11 Boys and Girls, team and individual.

Under UK: Athletics Rules.

SUNDAY 12 SEPTEMBER 2010
Macclesfield Leisure Centre, Priory Lane

***Sponsored by* JONES HOMES**

Trophies for the first three in each age group
Trophies for first u11 team (boys & girls together, best three to count)
Medals for 2nd & 3rd u11 teams and for relay winners

Events

Open

Under 17 Men & Women Pentathlon

First event 10.30 a.m.

Hurdles; women 80m, men 100m;
800m
Long jump; High jump
Shot

Open and Cheshire CAA

Under 15 Boys & Girls Pentathlon

First event 10.30 a.m.

Hurdles; girls 75m, boys 80m;
800m
Long Jump; High jump
Shot

Open and Cheshire CAA

Under 13 Boys and Girls Triathlon

First event 11.30 a.m.

Alternative field events must be pre-selected

100m **or** 70/75m hurdles **or** 800m
Long Jump **or** High Jump
Shot **or** Javelin

Open Triathlon

A Single Competition for Boys & Girls under 11

First event 11.30 a.m.

100m or 800m
Long jump
Soft Javelin

4 x 100m relays for Boys and Girls teams u11 & u13.

Age Groups: As at midnight on 31 August 2010

Competitors must be 9 years on day of competition.

Scoring: Based on points calculated using AAA's Schemes.

Certificates and Badges will be sent to Clubs after the event.

Entries by 24 August 2010 **Numbers accepted for some age groups may be restricted**

Enquiries to Mrs R Coombs, 'Balla' 217a Moor Lane, Wilmslow, Chesh. SK9 6DN 'phone 01625 524503.

e-mail:- rosalie.coombs@googlemail.com

Entry £5.00 per athlete, cheques payable to Handforth Athletics Club

Please return completed Entry Form with £5.00 fee per athlete to

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'Balla'
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Wilmslow
Cheshire SK9 6DN
'phone 01625 524503
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Closing date for entries 24th August 2010
Cheques payable to HANDFORTH ATHLETICS CLUB

Entry Form Cheshire Junior Multievents 2010

Surname	Forename
Address
.....
.....	Telephone
.....	e-mail
Club	Male/Female
Age group	Date of birth/...../.....
Qualifying date Age as at 31/8/10	Registration No.

u11 only You may compete in both 100m and 800m or select one distance only on the day. Athletes who run both distances will have the better scoring run counted.

u13 only You may compete in both 100m **or** sprint hurdles and 800m or select just one event. Athletes who run in two events will have the better scoring event counted.

For hurdles, high jump and javelin you must pre-select your events below.

*100m or *hurdles : *Long jump or *High jump : *Shot or *Javelin

*delete events not chosen.

If no choice is made entry will be recorded for 100m, Long jump and Shot.

u15; u17 Athletes compete in all events. There is no choice of events.

CHESHIRE COUNTY CHAMPIONSHIP DECLARATION OF ELIGIBILITY
FAILURE TO COMPLETE AND SIGN THIS DECLARATION CORRECTLY WILL MEAN THAT
YOUR ENTRY FOR THE COUNTY CHAMPIONSHIPS WILL NOT BE ACCEPTED

Athletes u13 & u15 intending to enter CCC events must complete the following declaration.

I declare that I am eligible to compete in these Championships in accordance with UK Athletics Rules.

*I was born within the present County Boundaries.

*I have lived for at least 9 months continually within the present County boundaries.

Warrington and Halton Unitary Authorities are considered as part of Cheshire for these Championships.

*CC u13 Triathlon

*CC u15 Pentathlon

Championship

- delete where not applicable.

Signed(signed by parent or guardian)