**HERTFORDSHIRE INDOOR CHAMPIONSHIPS (with Middlesex & Kent)**

**Sat/Sun 16th/17th March 2019 at Lee Valley**

**Prospectus**

|  |  |
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| **Saturday – 16th March** | **Sunday – 17th March** |
|  |  |
| 60mH (all) | 60m (all inc disability) |
| 200m (all) | 300m(U15 only)/400m (not U15) |
| 800m (all) | 1500m (all) |
| HJ (arena) U17W, U20W, SW | HJ (plateau) U15G |
| HJ (arena) U20M, SM | HJ (plateau) U15B, U17M |
| PV (Women) | SP (Women inc disability classes) |
| LJ (Men inc disability classes) | LJ (Women inc disability classes) |
| TJ (Women) | TJ (Men) |
| SP (Men inc disability classes) | PV (Men) |
| 1k Walk |  |

**Age Groups;** *Age Groups as at Midnight 31/08/19 (same as outdoors 2019*)

under 15

under 17

under 20 (17 and over on 31/08/19 but under 20 on 31/12/19)

Seniors

**Notes**:

* U13s are not allowed to enter
* U15s & U17s may only compete in up to three events
* U20s may only compete in up to five events
* Triple jump boards - SM 11/13; U20M 9/11; SW/U20W/U17W/U15G 7/9, U17M/U15B 7/9
* Disability events all ambulant only
* **Club vests must be worn or representative vests as per UKA rule 143 s 1 (4)**

Electronic entry available. If used, the payment detail must include **the athlete name.**

**Closing date for all entries is 28 February 2019.**