

**NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION**  
**Open Indoor Pentathlon 2019**  
**(Incorporating NECAA Championships)**  
**Gateshead College Academy for Sport**  
**Sunday 17 March 2019**  
(Under UKA Rules)  
**First Event 10:00am**

All age groups compete in **60 metres hurdles, Shot putt, Long jump, High jump and 60 metres sprint**. Field event order will vary between age groups.

Under 13 = athletes aged 11 and 12 at midnight on 31/08/2019

Under 15 = athletes aged 13 and 14 at midnight on 31/08/2019

Under 17 = athletes aged 15 and 16 at midnight on 31/08/2019

Under 20 = athletes aged 17 or over at midnight on 31/08/2019 and under 20 at midnight on 31/12/2019

Senior = athletes aged at least 20 years of age on 31/12/2019

Entries must be made either online or on the official entry form. Postal entries should be returned to:

NECAA Entries, 15 Rectory Road, Hetton-le-Hole, Tyne and Wear, DH5 9HG, or **enter online at [race-results.co.uk](http://race-results.co.uk)**.

**Any queries, please email [necaa@shumphrey.me.uk](mailto:necaa@shumphrey.me.uk)**

**Entry Fee** £15.00, cheques/postal orders payable to N.E.C.A.A. **Closing date for entries: Sunday 3 March 2019**

**All communication will, where possible, be via email; please provide an email address for this purpose.** If no valid email address is available, please enclose a stamped addressed envelope with your entry.

**Further copies of this entry form can be downloaded from [www.necaa.weebly.com](http://www.necaa.weebly.com)**

**Conditions of Entry -NECAA Championships Only (please read carefully)**

This event is confined to athletes who were born or have continuously resided, for at least two years prior to the competition, within the counties of Northumberland, Durham, Cleveland, Tyne & Wear or Teesside. N.B this does not qualify students who have resided during term time alone.

Persons not satisfying this criterion may still enter the open competition.

**Please note:** the open competition includes both North Eastern Counties athletes and those from outside the area.

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**OFFICIAL ENTRY FORM (please complete in BLOCK CAPITALS)**

Name \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Email \_\_\_\_\_ Telephone \_\_\_\_\_

Please circle the relevant age group and sex:

U13    U15    U17    U20    Senior    Male    Female    Date of Birth \_\_\_\_\_

I declare that I was born in or have resided continuously in the county of\* \_\_\_\_\_ prior to the date of the championships and that I have read and agree to the Conditions of Entry above. I enclose £15.00 entry fee.

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

For athletes under the age of 18, the form must be signed by the athlete and a parent/carer.

\* NECAA Championship entries only