

Club Championship

Under UKA Licence: <<>>

Sponsored by **The Creg Restaurant**

Creg-Ny-Baa, Mountain Road.



29th May 2022

Dear Member

You are invited to enter the forthcoming 2022 Northern (IOM) AC Club Championships.

This will take place on **Saturday 2nd July** at the NSC all-weather track and field facility in Douglas. It would be great to have as many athletes from all age groups as possible taking part in order to make this an enjoyable event. Included is a one mile track walking race for the Under 13 Age group and older, which is also open to other UKA recognised club entrants. All other events are only open to fully paid-up Club members.

Please arrive no later than 9.30 am to collect your number pack at the Commentary Box for a 10.00 am start.

All trophies will be presented on the day of the Championships. **Please ensure all championship trophies are engraved & returned to: Sarah Perry, by 15th June.**

Rules of entry:

- All children must be accompanied by an adult
- All competitors **must** be fully paid-up, first claim **members of Northern (IOM) Athletic Club** (except for walking event which is open to non-Club members).
- All competitors must wear club colours (royal blue vest/T-shirt & blue or black shorts), NAC vests and T shirts can be purchased from the club before the day if required (please contact Dawn Margrave).
- Children should be accompanied by an adult.
- Spikes may be worn but for safety reasons must be removed between events.
- Competitors and parent/guardian, where applicable, agree for the competitors name, event category, result and position for the event(s) entered to be published within the Club's Social media, local press and Power of 10 UKA recognised results services, together with a permanent entry in the Club's historical records.
- Competitors and parent/guardian, where applicable, agree that their contact details may be given to Isle of Man Government in the event of a Covid-19 or other serious illness outbreak.

Key points to enter:

One event entry form (attached) per person must be completed by ticking the required events, together with the signed declaration below. Please check carefully your age group on this form and the maximum number and combination of events allowable under UKA Rules. A separate sheet is attached for you to keep a note of your events.

Cost:

Entrants in full time education £4.00 - All other age groups are £6.00 per competitor. The charges are per competitor (NOT per event). Cheques should be payable to **Northern AC**.

The completed entry form and payment should be sent, no later than Wednesday **24th June 2022** to **Northern AC, Neil Vondy, 1 Barrule Park, Ramsey, Isle of Man. IM8 2BW**. No late entries will be accepted.

If you have entered but then cannot compete in the Competition, please could you Facebook message "Northern Athletic Club" or text Neil on 274498 as soon as possible, as this avoids delays starting the competition.

Entry Declaration:

I have read and agree with the rules of entry above and have completed the event form, with competitors name and events.

Entry fee attached £

Phone or mobile no.

Signed
(Parent if child under 18)

Signed
(competitor)

Name:

Saturday 2nd July 2022

| Age Group | U7 (boys&girls) | U9 (boys&girls) | U11 (boys&girls) | U13 (girls) | U13 (boys) | U15 (girls) | U15 (boys) | U17+ (women) | U17 (boys) | Senior & Veteran men |
|---------------------------|-----------------------|--------------------|---------------------|-----------------|-----------------|-----------------|-----------------|---------------------------|------------------|----------------------------|
| School Years | Reception & Year 1 | Years 2 & 3 | Years 4 & 5 | Years 6 & 7 | Years 6 & 7 | Years 8 & 9 | Years 8 & 9 | Years 10 & 11 + adults | Years 10 & 11 | |
| Max. no. of events | 2 Events | 3 Events | 3 Events | 3 Events | 3 Events | 3 Events | 3 Events | 3 Events | 3 Events | 3 Events |
| Throw the Howler | | | | | | | | | | |
| Game | | | | | | | | | | |
| Standing Long Jump | | | | | | | | | | |
| Long Jump | | | | | | | | | | |
| High Jump | | | | | | | | | | |
| 1 Mile Walk (Open) | | | | *1 | *1 | *1 | *1 | | | |
| 50m | | | | | | | | | | |
| 75m | | | | | | | | | | |
| 100m | | | | | | | | | | |
| 200m | | | | | | | | | | |
| 300m | | | | | | | | | | |
| 400m | | | | | | | | | | |
| 600m | | | *1 | | | | | | | |
| 800m | | | | *1 | *1 | *1 | *1 | | | |
| 1200m | | | *1 | *1 | | | | | | |
| 1500m | | | | | *1 | *1 | *1 | | | |

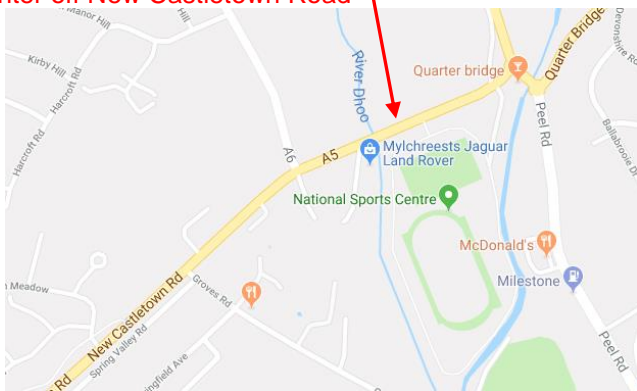
*1 = Can only do one of these events under UKA Rules.

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Note to keep for yourself:

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|---|---|
| Date of main Championship competition: | Saturday 2nd July. |
| Venue: | NSC Track & Field, Douglas (easy parking on site) Enter off New Castletown Road  |
| Sign-in to receive number pack, <u>closes</u> on the day at: | 9:30 am. |
| If entered but cannot compete on the day contact Club: | Facebook - "Northern Athletic Club" or Text Neil on 274498. |
| Make a note of events entered here: | |
| Timetable for the Day | Visit Facebook "Northern Athletic Club" or Website https://www.northernaciom.com/ in week leading up to Championship Day for provisional timetable (the timetable on the day may alter if heats are no longer required after athletes have signed-in). |