



MIDLAND MASTERS ATHLETIC CLUB

TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

Pingles Leisure Centre, Avenue Road,
Nuneaton CV11 4LX

SUNDAY 10th JUNE 2012

ALL AGE GROUPS: 5 YEAR GROUPS FROM 35; MEN & WOMEN

GUESTS WELCOME – Please specify your 1st Claim Club and BMAF Regional Club

Entry Rules – Medals - Championship medals will be awarded in each 5-year age group as follows:

8 or more entries: 3 Medals irrespective of achievement of medal standard
5, 6, or more entries: 2 Medals irrespective of standard, 3rd Medal if 3rd finisher achieves standard
2, 3, or 4 entries: 1 Medal irrespective of standard, 2nd (& 3rd if appropriate) if 2nd (& 3rd) achieves standard.
1 entry: 1 Medal if finisher achieves standard

Events:

100, 200, 400, 800, 1500, 5K, 5K Walk, Sprint Hurdles, 400H (Men 35/59 Women 35/49), 300H (Men over 60 Women over 50), Steeplechase (3K), Hammer, Shot, Discus, Javelin, High Jump, Long Jump, Triple Jump*, Pole Vault. **Please specify take off board required if entering the Triple Jump*

Note: *The Pentathlon will be held on 17th June 2012 at Oxford within the BMAF Championships*
The 10k Track & Walks will be held on the 5th August 2012 at Oxford within the BMAF Championships

Medals: First 3, **MMAC Members ONLY**, subject to above rules.

Fees: £7.00 – 1st EVENT £3.00 EACH SUBSEQUENT EVENT
(Includes 50 pence to cover First Aid Attendance)

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MMAC T&F CHAMPIONSHIPS – Pingles Leisure Centre, Nuneaton – 10th June 2012

First event will commence at 10.00 am

Name..... Date of Birth Male ☐ Female ☐

Address.....

Telephone No..... Email address.....

Age group ☐ Club..... MMAC No.....
e.g. M40, W55

Guest Club/Regional Club..... Total amount enclosed £.....

Event	PB 2011/2012	Event	PB 2011/2012	*TJ take off board

I DECLARE THAT I AM FIT TO ENTER THE EVENT(S) AS CHOSEN ABOVE. I UNDERSTAND THAT I COMPETE AT MY OWN RISK AND THAT THE ORGANISERS WILL IN NO WAY BE HELD RESPONSIBLE FOR INJURY, ACCIDENT, DAMAGE OR LOSS INCURRED.

Entries to: MMAC T&F Entries Secretary, 5 East View,
School Lane, Shuttington, TAMWORTH B79 0DX
Tel: 01827892244 Email: collingreen@hotmail.com

CLOSING DATE: 26th MAY 2012 Cheques / P.O. payable to **MMAC**

Important: Please enclose 162mm x 229mm (9" X 6") 2nd Class stamped addressed envelope

PLEASE NOTE THAT NO LATE ENTRIES WILL BE ACCEPTED