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| [Start Fitness](http://startfitness.co.uk/) | necaa1 | LOGO | Ghd Council Logo CMYK  web2 |

**NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION**

**Open Indoor Pentathlon 2023**

**(Incorporating NECAA Championships)**

**Gateshead College Academy for Sport**

**Sunday 26th March 2023**

(Under UKA Rules Permit Number: IND 23/039**)**

**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 31/08/2023  
Under 15 = athletes aged 13 and 14 at midnight on 31/08/2023   
Under 17 = athletes aged 15 and 16 at midnight on 31/08/2023  
Under 20 = athletes aged 17 or over at midnight on 31/08/2023 and under 20 at midnight on 31/12/2023  
Senior = athletes aged at least 20 years of age on 31/12/2023

**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 nine months prior to the competition, within the counties of Northumberland, Durham, Cleveland, Tyne & Wear or Teesside. Athletes may compete in the Championships of only one County Association in any one calendar year. The NECAA are operating under UKA Rule 21 S6 as one Countyand clubs must abide by those rules regarding qualifications and any other matters

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.

We can only accept online entries, as this is a Championship event there will be no entries accepted after the closing date

**Online entries are here:**

<https://www.nemaa.co.uk/necaa>

**Entry Fee** £25.00, **Closing date for entries: Saturday 11th March 2023**

**The number of entries will be limited to 90**

**Any queries, please email keithw53@keithw53.plus.com**