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COMPETITION EXPERIENCES FOR MIDDLESEX

Qualify as a **Level 1 Official**, you must complete **4 competition experiences**.
Please see below dates for 2019 in your region.

Representing	Event name	Date	Venue
Liverpool H	Liverpool Throws & Jumps Series	Saturday, 14 September 2019	Wavertree Stadium, Liverpool
BMAF	British Masters Winter Throws Champs	Saturday, 9 March 2019	Lee Valley Athletics Centre
BMAF	British Masters Winter Throws Champs	Sunday, 10 March 2019	Lee Valley Athletics Centre
Kings College London	London Varsity Series	Wednesday, 13 March 2019	Parliament Hill
LUCA	LUCA Championships	Saturday, 23 March 2019	Parliament Hill
Lee Valley Centre	April Open	Saturday, 6 April 2019	Lee Valley Athletics Centre
Highgate H	Highgate H Open Series	Wednesday, 10 April 2019	Parliament Hill
Shaftesbury Barnet H	London Inter Club Challenge	Saturday, 20 April 2019	Lee Valley Athletics Centre
Lee Valley Centre	Evening Sprints Series	Wednesday, 24 April 2019	Lee Valley Athletics Centre
Middlesex YA League	Middlesex Young Athletes League	Saturday, 27 April 2019	Perivale Park
Thames Valley	Open Meeting	Wednesday, 1 May 2019	West London
Middlesex AA	Middlesex Championships	Saturday, 11 May 2019	Lee Valley Athletics Centre
Middlesex AA	Middlesex Championships	Sunday, 12 May 2019	Lee Valley Athletics Centre
SCVAC	SCVAC Herts & North Middlesex Masters League	Monday, 13 May 2019	Lee Valley Athletics Centre
Lee Valley Centre	5K Night with BMC	Wednesday, 15 May 2019	Lee Valley Athletics Centre
Lee Valley Centre	Throws Fest Series	Sunday, 19 May 2019	Lee Valley Athletics Centre
Lee Valley Centre	DC Mini Racers	Sunday, 19 May 2019	Lee Valley Athletics Centre
Harrow	Southern Athletics League	Sunday, 19 May 2019	Harrow
Victoria Park & Tower Hamlets	Southern Athletics League	Sunday, 19 May 2019	Mile End
Lee Valley Centre	Evening Sprints Series	Wednesday, 22 May 2019	Lee Valley Athletics Centre
London Schools AA	London, Kent & Middlesex Schools Combined Events Champs	Thursday, 23 May 2019	Lee Valley Athletics Centre
Middlesex YA League	Middlesex Young Athletes League	Saturday, 25 May 2019	Finsbury Park
YDL	YDL Upper South Div 2A	Sunday, 26 May 2019	Perivale Park
Bruce Longden Foundation	Hurdles Fest	Monday, 27 May 2019	Lee Valley Athletics Centre
Lee Valley Centre	Evening Sprints Series	Wednesday, 5 June 2019	Lee Valley Athletics Centre
Thames Valley	Open Meeting	Wednesday, 5 June 2019	West London
London Schools AA	London Schools	Saturday, 8 June 2019	Battersea
Middlesex Schools AA	Middlesex Schools	Saturday, 8 June 2019	Allianz Park
Shaftesbury Barnet	British Athletics League	Sunday, 9 June 2019	Allianz Park
London Schools AA	London Schools (Years 7&8)	Tuesday, 11 June 2019	Mile End
Thames Valley	Southern Athletics League	Saturday, 15 June 2019	West London
Harrow	Southern Athletics League	Saturday, 15 June 2019	Harrow
Hillingdon	Southern Athletics League	Saturday, 15 June 2019	Uxbridge
Highgate	Southern Athletics League	Saturday, 15 June 2019	Parliament Hill
Shaftesbury Barnet	London Inter-Club Challenge	Sunday, 16 June 2019	Allianz Park
Lee Valley Centre	Evening Sprints Series	Wednesday, 19 June 2019	Lee Valley Athletics Centre
Middlesex YA League	Middlesex Young Athletes League	Sunday, 23 June 2019	Parliament Hill

For more information on competition experiences contact: John Falvey
on john@esm.org.uk or visit: englandathletics.org/officials

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Representing	Event name	Date	Venue
SCVAC	SCVAC Mid-London League	Wednesday, 10 July 2019	Perivale Park
Harrow	Southern Athletics League	Saturday, 13 July 2019	Harrow
Lee Valley Centre	Throws Fest Series	Sunday, 14 July 2019	Lee Valley Athletics Centre
Lee Valley Centre	Evening Sprints Series	Wednesday, 17 July 2019	Lee Valley Athletics Centre
Lee Valley Centre	Evening Sprints Series	Sunday, 21 July 2019	Lee Valley Athletics Centre
Middlesex YA League	Middlesex Young Athletes League	Sunday, 21 July 2019	Allianz Park
Shaftesbury Barnet	London Inter-Club Challenge	Saturday, 27 July 2019	Allianz Park
Enfield & Haringey	British Athletics League	Sunday, 4 August 2019	Lee Valley
Lee Valley Centre	Evening Sprints Series	Wednesday, 14 August 2019	Lee Valley Athletics Centre
Highgate	Southern Athletics League	Saturday, 17 August 2019	Parliament Hill
Ealing Southall & Middlesex	Southern Athletics League	Saturday, 17 August 2019	Perivale
Victoria Park & Tower Hamlets	Southern Athletics League	Saturday, 17 August 2019	Mile End
Lee Valley Centre	Evening Sprints Series	Wednesday, 28 August 2019	Lee Valley Athletics Centre
Shaftesbury Barnet	London Inter-Club Challenge	Saturday, 31 August 2019	Allianz Park
St Mary's Richmond	Open Meeting	Sunday, 1 September 2019	Teddington
Lee Valley Centre	Throws Fest Series	Saturday, 7 September 2019	Lee Valley Athletics Centre
Highgate H	Highgate H Open Series	Wednesday, 11 September 2019	Parliament Hill

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