

Wakefield District Harriers and Athletics Club

Spring Open Meeting



Saturday 3rd April 2010
Thornes Park Stadium, Wakefield
*Medals to first 3 in each Age Group **



U11 Boys	80m, 600m, LJ, Shot, 4 x 60m shuttle relay
U13 Boys	100m, 200m, 800m, HJ, LJ, Shot, 4 x 100m relay
U15 Boys	100m, 200m, 800m, 80mH, HJ, LJ, Shot, 4 x 100m relay
U17 Men	100m, 200m, 400m, 800m, 1500m, 3000m, 400mH, HJ, LJ, Shot, Javelin, Discus, 4 x 100m relay
U11 Girls	80m, 600m, LJ, Shot, 4 x 60m shuttle relay
U13 Girls	100m, 200m, 800m, HJ, LJ, Shot, 4 x 100m relay
U15 Girls	100m, 200m, 800m, 75mH, HJ, LJ, Shot, 4 x 100m relay
U17 Ladies	100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, 300mH, HJ, LJ, Shot, Javelin, Discus, 4 x 100m relay

Entry limited to 3 events only

(If entering a relay, it is an additional event, and is not included in the 3 events limit.)

Ages as at 31st August 2010

Jun/Sen Men

100m, 200m, 400m, 800m, 1500m, 3000m, 110mH, 400mH, LJ, Shot, Javelin, Hammer**
Discus, HJ, 4 x 100m relay

Jun/Sen Ladies

100m, 200m, 400m, 800m, 1500m, 3000m 100mH, 300mH, LJ, Shot, Javelin, Hammer**
Discus, HJ, 4 x 100m relay

Ages as at 31st December 2010

6mm spikes maximum

**** Hammer competition will begin at 10.30 am Field Events Start 11.00am
Track Events Start 11.30am**

ENTRY FEES

Postal entries £2 per event

Closing date for postal entries Thursday 25th March 2010

Postal entries to Wakefield Harriers F Lancaster, 19 The Balk, Walton, Wakefield, West Yorkshire, WF2 6JZ,
Telephone 01924 251427 (No calls after 9.30pm please)

Please enclose a SAE C5(162 x 229mm) minimum please, for return of numbers and directions.

Entries on the day £3 per event

****Last entry for Hammer competition 10.00am, last Field entry 10.30am, last Track entry 11.00am**

The organisers reserve the right to change the programme without notice

Held under UK Athletics Rules

Surname.....First Name.....EA reg Number.....
Tel Number.....Date of Birth.....Age Group..... M/F
Address and Postcode.....

Events.....Club.....

*PLEASE NOTE IF PERMISSION IS GIVEN FOR AN ATHLETE (U13 AND ABOVE) TO MOVE UP ONE AGE GROUP FOR AN EVENT THAT IS UNAVAILABLE FOR THEIR AGE GROUP, YOU WILL BE ENTERING THE COMPETITION AS A GUEST AND THEREFORE **WILL NOT BE ELIGIBLE** FOR A MEDAL. GUEST ENTRIES WILL ONLY BE ACCEPTED AT THE DISCRETION OF THE TRACK REFEREE, THE FIELD REFEREE AND ULTIMATELY THE MEETING ORGANISER AND PERMISSION **MUST** BE SOUGHT IN ADVANCE.

I am an amateur as defined by UKA Laws, and agree to abide by its rules. I accept that the organisers are not responsible for any injuries or loss that I may incur at this meeting.

Signature.....(Parent/Guardian to sign if under 16)

Cheques made payable to "Wakefield District Harriers & AC"

Please ensure you have paid correct postage for your entry form, as postal surcharges will not be paid, and entries held by the Post Office will not be collected