

Mansfield Harriers & AC



Spring Track & Field Open Meeting Sunday 4th April 2010

Events (Under 11) : 80m, 150m, 600m, Long Jump, High Jump

Events (Under 13's - Veterans) : 100m, 200m, 300/400m(Under 15+), 800m, 3000m(Under 15 Boys+), 300/400mHurdles(Under 17+), Long Jump, High Jump, Pole Vault, Shot, Hammer & Javelin.

N.B. There will be 2 Pools for ALL field events based on ability not age group.

The Hammer & Javelin competitions will have the use of EDM measurement & are by **Pre Entry ONLY**.
There will be no entries taken for the Hammer & Javelin events on the day.

Under 13's through to Veterans will be seeded as one competition by ability. Competitors will have a straight 6 trials in Long Jump, Shot, Hammer and Javelin.

Under 11's will be run as one competition. Competitors will have 3 trials in the Long Jump.

Entry Fees: £2.00 per event before the day £3.00 per event on the day

Cheques (in UK Sterling) to be made payable to Mansfield Harriers & AC. **DO NOT SEND CASH.**
Entries will not be acknowledged, all numbers to be collected on the day.

Timetable and Entry lists will be placed on the Mansfield Harriers website: www.mansfield-harriers.org

Closing date for postal entries - Friday 26th March 2010

Entry Forms to: Stefan Wilcockson (Open Meeting), 7 Farndon Road, Sutton-In-Ashfield, Notts, NG17 5HR

Enquiries: Tel: 07907 665610 or E-mail: stefwilco@virginmedia.com

Entry Form (Please complete all information)

Event 1: P.B Event 2: P.B

Event 3: P.B Event 4: P.B

First Name: Surname:

Age Group: Date of Birth:

Club/School: Male / Female

Contact Number: Email Address:

Entry Fee Enclosed: £..... Date:

Signed: Athletes under the age of 16 **MUST** have the form signed by a parent/guardian.