

Mansfield Harriers & AC



Track & Field Open Meeting Monday 30th August 2010 At Berry Hill Park, Mansfield, NG18 4RP

Events:

Age Group	Events										
Under 13 Girls	100m	200m		800m		Long Jump	High Jump		Shot		Javelin
Under 13 Boys	100m	200m		800m		Long Jump	High Jump		Shot		Javelin
Under 15 Girls	100m	200m	300m	800m		Long Jump	High Jump	Pole Vault	Shot	Hammer	Javelin
Under 15 Boys	100m	200m	400m	800m	3000m	Long Jump	High Jump	Pole Vault	Shot	Hammer	Javelin
Under 17 Girls	100m	200m	300m	800m	3000m	Long Jump	High Jump	Pole Vault	Shot	Hammer	Javelin
Under 17 Boys	100m	200m	400m	800m	3000m	Long Jump	High Jump	Pole Vault	Shot	Hammer	Javelin
Under 20 Women	100m	200m	400m	800m	3000m	Long Jump	High Jump	Pole Vault	Shot	Hammer	Javelin
Under 20 Men	100m	200m	400m	800m	3000m	Long Jump	High Jump	Pole Vault	Shot	Hammer	Javelin
Senior & Veteran Women	100m	200m	400m	800m	3000m	Long Jump	High Jump	Pole Vault	Shot	Hammer	Javelin
Senior & Veteran Men	100m	200m	400m	800m	3000m	Long Jump	High Jump	Pole Vault	Shot	Hammer	Javelin

N.B. There will be 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.

All track events will have the use of electronic timing.

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.

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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: £.....
Signed:
Date:

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

Entry Fees: £3.00 per event before the day £4.00 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 20th August 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