

Border Harriers & Athletic Club

Present their Annual

TRACK AND FIELD OPEN MEETINGS

At the Cumbria Sports Academy Track, Copeland. Whitehaven

Held Under UKA Rules Permit – OUT17/487

Sunday 13th August 2017

STARTING AT 12 NOON PROMPT

AAA STANDARD CERTIFICATES AND BADGES AVAILABLE

Entries are welcomed from ALL athletes including those who are physically disabled or who have severe learning difficulties

	Master Men	Senior Men	U17 M	U15 Boy	U13 Boy	U11 Boy	U9 Boy	Master Women	Senior Women	U17 W	U15 Girl	U13 Girl	U11 Girl	U9 Girl	
High Jump		X	X	X	X				X	X	X	X	X		
Discus		X	X	X	X				X	X	X	X	X		
Cricket Ball						X	X						X	X	
Stand L Jump							X							X	
Hammer		X	X	X					X	X					
Shot		X	X	X	X				X	X	X	X			
Javelin		X	X	X	X				X	X	X	X			
Long Jump		X	X	X	X	X			X	X	X	X	X		
										X					
		X	X						X						
		X	X	X	X				X	X	X	X			
						X									
							X							X	
													X		
								X	X	X	X				
ORDER OF EVENTS	15 MINUTE BREAK														
	110 M Hurdles		X												
	100 M Hurdles			X					X						
	80 M Hurdles				X					X					
	75 M Hurdles					X					X				
	60 M Hurdles														
	70 M Hurdles												X		
	400 Metres		X	X					X						
	300 Metres				X					X					
	150 Metres						X							X	
	200 Metres		X	X	X	X				X	X	X	X		
	600 Metres						X	X						X	X
	800 Metres		X	X	X	X				X	X	X	X		
		Master Men	Senior Men	U17 M	U15 Boy	U13 Boy	U11 Boy	U9 Boy	Master Women	Senior Women	U17 W	U15 Girl	U13 Girl	U11 Girl	U9 Girl

**Border Harriers and Athletic Club
TRACK AND FIELD OPEN MEETING**

BIB NO

Sunday 13th August 2017

**AT THE CUMBRIA SPORTS ACADEMY, TRACK, COPELAND, WHITEHAVEN
Held Under UKA Rules**

**STARTING AT 12 NOON PROMPT
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Entry Form for SUNDAY 13th AUGUST 2017

Under 9s can only compete in 2 events.

**Under UK:A Rules U9S U11s & U13s & U15s & U17s can only compete in a maximum of 3 events
Under 13s and Under 15s are not allowed to run in more than one event between 600m and 3000m inclusive**

Full Name

Address

..... Post Code

E Mail address

My age category for these events is Male / Female

Date of Birth Age as at 31st August / 1st September 2017

Club

Events Entered including Age Category

1. 2.

3. 4.

5. 6.

Signature Date

Counter Signature of parent/guardian if under 18yrs

Please forward entry and fees to BHOM, 92 Blencathra Street, Keswick. Cumbria. CA12 4HY

Entry Fees

Individuals Events £2.00 per event and subsequent events £1.50

Paid up members of Border Harriers - £1 per event

Entries on the day accepted at £4 for first event and £3 for each additional event

Fee Enclosed £ Please make cheques payable to Border Harriers

Ages as at midnight August 31st/1st September 2017.

If you require travel directions to the track view borderharriers.co.uk or send a S.A.E. with your entry

If you require travel directions to the track please contact kt.k@btinternet.com

Numbers issued on the day and entries will not be acknowledged

Closing date for postal entries 6th August 2017