

Border Harriers & Athletic Club

Present their Annual

TRACK AND FIELD OPEN MEETINGS

Held Under UKA Rules Licence : OUT 19/131

At the Sheepmount Stadium, Carlisle

Sunday 14th April & Sunday 1st September 2019

STARTING AT 12 NOON PROMPT

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		
Discus		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	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				
300 M Hurdles										X				
400 M Hurdles		X	X						X					
100 Metres		X	X	X	X				X	X	X	X		
80 Metres						X								
60 Metres							X							X
75 Metres													X	
1200 Metres												X		
1500 Metres	X	X	X	X	X			X	X	X	X			
15 MINUTE BREAK														
110 M Hurdles		X												
100 Hurdles			X						X					
80 M Hurdles				X						X				
75 M Hurdles					X						X			
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

If you require travel directions to the track contact kt.k@btinternet.com or send a S.A.E.

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BIB NO

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Medals to first three finishers
AAA STANDARD CERTIFICATES AND BADGES AVAILABLE

Entry Form for 1st Meeting on Sunday 14th April 2019

Under 9s can only compete in 2 events.

Under UKA Rules 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 1500m inclusive

Full Name

Address

..... Post Code

Telephone Number

E Mail address

My age category for these events is Male / Female

Date of Birth Age as at 31st August / 1st September 2019

Club

Events Entered including Age Category Entered

1. 2.

3. 4.

Closing date for postal entries – 1st April 2019

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

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

Fee Enclosed £ Please make cheques payable to Border Harriers

I hereby declare that I am an amateur according to UKA Rules and will abide by the rules of UKA. I agree that my participation in this event is entirely at my own risk and that none of the organisers and sponsors of this event nor their members or agents shall be held liable in any way whatsoever in connection with any loss, damage or injury either caused to, suffered by, or caused by me.

"You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category."

Signature Date

Counter Signature of parent/guardian if under 18yrs

Bring your own safety pins. Numbers issued on the day and entries will not be acknowledged.