

Border Harriers & Athletic Club

Present their Annual

TRACK AND FIELD OPEN MEETINGS

Held Under UKA Rules Licence OUT 18/084

At the Sheepmount Stadium, Carlisle

Sunday 15th April & Sunday 19th August 2018

At the Cumbria Sports Academy Track, Copeland. Whitehaven

Sunday 24th June 2018

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
ORDER	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	
ORDER OF EVENTS	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															
ORDER OF EVENTS	110 M Hurdles		X												
	100 Hurdles			X						X					
	80 M Hurdles				X						X				
	75 M Hurdles					X						X			
	60 M Hurdles												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

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

BIB NO

**1st Meeting being held at the Sheepmount Track Carlisle
Sunday 15th April 2018 – Starting at 12 noon prompt**

Held Under UKA Rules – Starting at 12 noon prompt

**Medals to first three finishers
AAA STANDARD CERTIFICATES AND BADGES AVAILABLE**

Entry Form for 1st meeting on 15th April only

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 3000m 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 2018

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 2018.

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

Numbers issued on the day and entries will not be acknowledged

Closing date for postal entries 10th April 2018