

# Mansfield Harriers & AC



## Spring Track & Field Open Meeting Sunday 5<sup>th</sup> April 2009

**Events (Under 13's & Under 11's) :** 80m, 150m, 600m, Long Jump, High Jump & Shot(Under 13's Only)

**Events (Under 15 - Veterans) :** 100m, 200m, 300/400m, 800m, 3000m(Under 15 Boys+), 300/400mHurdles, Long Jump, High Jump, Pole Vault, Shot Put, Hammer & Javelin. **(There will be 2 pools in all field events)**

Under 15's through to Veterans will be seeded as one competition by ability. Competitors will have 6 trials in Long Jump, Shot, Hammer and Javelin.

Under 13's & Under 11's will be seeded as one competition by ability. Competitors will have 4 trials in Long Jump & Shot. The Under 13's Shot will be combined with the Under 15's – Veterans competitions.

Age Groups: Track & Field age groups as at 31 August 2009.

Entry Fees: £1.50 per event before the day      £2.00 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 updated entry lists will be placed on the Mansfield Harriers website: **[www.mansfield-harriers.org](http://www.mansfield-harriers.org)**

**Closing date for postal entries – Friday 27<sup>th</sup> March 2009.**

**Entry Forms to:** Stefan Wilcockson (Open Meeting), 11 Windsor Road, Selston, Notts, NG16 6JH

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

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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: ..... Contact Number: .....

Entry Fee Enclosed: £ ..... Date: .....

Signed: .....

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