



Run — Jump — Throw

SHEFFIELD *Hallam University Athletics Track, S9 3HL*

4 Events.

Prizes, Money to be won & chances to run with the wind!!

Friday 19 th of April	Wed 27 th of June	Wed 10 th of July	Thursday 15 th of August
TRACK 1245 100 Race Walk 1km 1300: 60m U9 1315 100m U11/13 1330 100m Seniors > U15 1400: 400m Flat vs 400m Hurdles or 300mH Vs Flat 1415: 3km 1430: 800m 1500: 200m 1530: 1500m 1600: 100m 2 nd Race 1630: Easter Egg relays 4x100m, 4x400, (£1 Person) PrizeS to be Won FIELD PV 1230-3m 1415 +3m 1300: LJ -4.30m 1300: SP below 9m 1400 JT> 25m 1500: SP 8m 1500: LJ +4.30m 1530: DT	TRACK 1815: 800m U11/U13 1830: 3000m 1845 400mh/300m h u17+ 1850 u11/u13 1910: 100m 1930: 800m BMC Open 800m will follow 2015: 200m 2050 1500m BMC open 1500m FIELD PV 1730 -3m/1915 +3m 1815: LJ -4.30m 1830: SP -8m 1900: JT 1930 LJ + 4.30m 1930: SP + 8m 2000: DT	TRACK 1800 Race Walk 1km 1800: 3km U17 + 1825: 800m u11/u13 1840: Sprint hurdles 1845: 100m u11/u13 1910: 100m 1930: 1500m BMC an open 2010: 400m 2040 800m BMC and open FIELD PV 1730 -3m/ 1915 +3m 1815: HJ -1.40m 1830: JT 1930: HJ 1.40m 1930 TJ 1930: JT 2000: DT	TRACK 1830: 3000m 1850: 400m and 400m Hurdles 1900: 100m 1930: 800m BMC Open 800m will follow 2015: 200m 2045 1 Mile BMC FIELD PV 1730-3m 1915 +3m 1815: LJ -4.30m 1830: HT 1830: SP +8m 1930: TJ/LJ +4.30m 1930: DT

All events information will be posted on the following website:

Timetable posted on Sheffield and Dearne AC Facebook/Twitter/Website

Food and Social to follow on the 19 th April £6 for food Chilli and a Drink/Cold buffet) 1800	Online entry fee £6 and £3 per additional event Entry @ raceresults.co.uk	On the day/Postal entry fee: £9.00 per entry, £4.00 per additional event.
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Cheques payable to **City of Sheffield and Dearne AC**. **Age Groups:** Track & Field age groups as at 31 August 2019.

All Electronic timing/EDM

Prize Money

Awards to best Run, Jump and Throw across the whole series **£80.00 each**

Special Easter Prize and Food Social

Hungarian scoring system plus a free T shirt. Enquiries Mobile 07703185159

Email: runjumthrowseriesheffac@gmail.com :

