



Wakefield District Harriers & A.C.



Douglas Bedford Memorial Open Meeting (Includes Club Championships)

Saturday 14th September 2019 - Thornes Park Stadium, Wakefield, WF2 8TY

Medals to first 3 in each age group - Ages as at 31st August 2019

Disability Open age 100m

U11 Boys 75m, 600m, LJ, Shot

U13 Boys 100m, 200m, 800m, 75mH, HJ, LJ, PV, Shot, Discus

U15 Boys 100m, 200m, 800m, 80mH, HJ, LJ, PV, Shot, Discus

U17 Men 100m, 200m, 400m, 800m, 3000m, 100mH, HJ, LJ, TJ, PV, Shot, Javelin, Discus, Hammer

U11 Girls 75m, 600m, LJ, Shot

U13 Girls 100m, 200m, 800m, 70mH, HJ, LJ, PV, Shot, Discus

U15 Girls 100m, 200m, 800m, 75mH, HJ, LJ, PV, Shot, Discus

U17 Women 100m, 200m, 300m, 800m, 80mH, HJ, LJ, TJ, PV, Shot, Javelin, Discus, Hammer

Entry limited to 3 events only in above age groups

Jun/Sen Men 100m, 200m, 400m, 800m, 3000m, 110mH, 400mH, HJ, LJ, TJ, PV, Shot, Javelin, Discus, Hammer

Jun/Sen Women 100m, 200m, 400m, 800m, 3000m, 100mH, 400mH, HJ, LJ, TJ, PV, Shot, Javelin, Discus, Hammer

Held under UK Athletics Rules. The organisers reserve the right to change the programme without notice.

The Track events start at 11.30 am.

The Field events start at 10:00 with the Hammer.

The Pole Vault competition will be in 2 stages, with starting height of 1.10m at 11:30, and 2.80m at 2:30.

For all other field events, the running order is provisional and may change on the day to avoid clashes with the track

Entry Fees :- £5 per event, £9 for 2 events, £3 for additional events

Postal entries to Miss A Brown, 53 Upper Lane, Netherton, Wakefield, WF4 4NQ.

Please enclose a SAE C5 (162 x 229 mm) minimum, for return of numbers and directions

Closing date for entries Sunday 8th September

Entries limited to the first 400 athletes - NO ENTRIES ON THE DAY

PLEASE DETACH AND COMPLETE IN BLOCK CAPITALS :-

EA Registration Number (required for all except U11 athletes)

First Name **Surname**

Date of Birth **Age Group** **M/F**

Events **Club**

Address and Postcode

..... **Tel Number**

PLEASE NOTE IF PERMISSION IS GIVEN FOR AN ATHLETE (U13 AND ABOVE) TO MOVE UP ONE AGE GROUP FOR AN EVENT THAT IS UNAVAILABLE FOR THEIR AGE GROUP, YOU WILL BE ENTERING THE COMPETITION AS A GUEST AND THEREFORE WILL NOT BE ELIGIBLE FOR A MEDAL. GUEST ENTRIES WILL ONLY BE ACCEPTED AT THE DISCRETION OF THE TRACK REFEREE, THE FIELD REFEREE AND ULTIMATELY THE MEETING ORGANISER AND PERMISSION MUST BE SOUGHT IN ADVANCE.

*I am an amateur as defined by UKA Laws, and agree to abide by its rules.
I accept that the organisers are not responsible for any injuries or loss that I may incur at this meeting.*

Signature (Parent/ Guardian to sign if under 16)

Please make cheques payable to "Wakefield District Harriers & AC"

Please ensure you have paid correct postage for your entry form, as postal surcharges will not be paid and entries held by the Post Office will not be collected