

WIGAN AND DISTRICT HARRIERS & A.C
Robin Park Arena, Loire Drive, Wigan WN5 0UH
Arnold Seddon Licenced Open Medal Meeting
Sunday 15th September 2019
Start times - Field 11.00am & Track 12noon

List of Events:

Under 11 Boys & Girls – 75m / 150m / 600m / LJ

Under 13 Girls - 70mH / 75m / 150m / 800m OR 1200m / LJ / HJ / SP

Under 13 Boys - 75mH / 100m / 200m / 800m OR 1500m / LJ / HJ / SP

Under 15 Girls - 75mH / 100m / 200m / 300m / 800m OR 1500m / LJ / HJ / SP/ DT/ JT / HT

Under 15 Boys - 80mH / 100m / 200m / 300m / 800m OR 1500m / LJ / HJ / SP / DT / JT / HT

Under 17 Women - 100m / 200m / 300m / 800m / 1500m / LJ / HJ / SP / DT / JT / HT / TJ

Under 17 Men - 100m / 200m / 400m / 800m / 1500m / LJ / HJ / SP / DT / JT/ HT / TJ

Under 20 Men & Women - 100m / 200m / 400m / LJ / HJ / SP / DT/ JT / HT / TJ

SEN Men & Women - 100m / 200m / 400m / LJ / HJ / SP / DT / JT / HT / TJ

Maximum number of events for all age groups is three (except Seniors)

Athlete age as at midnight 31st August 2019.

Pre-entry Fees: £5.00 for the 1st event subsequent events £3.00 **Hammer Must Be Pre- Entered**

Entries on the Day: £6.00 per event (or £15.00 for three events) **No Hammer Entries on The Day***

Entries can be made on SportsSoft <https://www.race-results.co.uk/results/2019/> or by post.

Closing Date for Pre-entries – Wednesday 11th September 2019.

Cheques should be payable to “Wigan and District Harriers & A.C.”

Additional entry forms and details available on our website: www.wiganharriers.org.uk

ENTRIES ON THE DAY WILL BE ACCEPTED UP TO 12NOON ONLY - FROM THE INDOOR TRACK

Privacy Notice

Wigan and District Harries & AC are committed to protecting and respecting your privacy. For any personal data you provide for the purposes of your entry Wigan Harriers is the Data Controller and is responsible for storing and otherwise processing that data in a fair, lawful, secure and transparent way. We will need to process your data and share your data with England Athletics to enable the publishing of race and competition results on Power of 10 and the Wigan Harriers Website.

Arnold Seddon Licenced Open Medal Meeting Sunday 15th September 2019 - Athlete Entry:

Forename.....Surname.....

Club..... DoB:

Age Group.....M/F.....

Event 1.....Event 2.....Event 3.....

Entry Fee..... (Cash Only on the Day)

Signature (Parent or Guardian if under 16)

Arnold Seddon Licenced Open Medal Meeting Sunday 15th September 2019
OUTLINE TIMETABLE

Track 12noon start - (events will follow in the order below please listen for announcements)

Track Running Order	Age Group
Sprint Hurdles	U15B 80mH / U15G 75mH / U13B 75mH / U13G 70mH
600m	U11G / U11 B
800m	U13G / U13B / U15G / U15B / U17W / U17M
100m	SM / SW / U20M / U20W / U17M / U17W / U15B / U15G / U13B
75m	U11G / U11B / U13G
400m	SM / SW / U20M / U20W / U17M
	BREAK – 10mins
300m	U17W / U15G / U15B
1500m	U17M / U17W / U15B / U15G / U13B
1200m	U13G
150m	U11G / U11B / U13G
200m	U13B / U15G / U15B / U17W / U17M / SW / SM / U20W / U20M

Field - 11.00am Start (events will follow in the order below please listen for announcements)

U11 – U15 athletes - Three attempts for each athlete.

U17 – Seniors athletes – Four attempts for each athlete.

Field Running Order	Age Group
Hammer (11am)	SM / U20M / U17M / U15B SW / U20W / U17W / U15G
Long Jump (11am)	SW / U20W / U17W
Long Jump (11am)	SM / U20M / U17M
Shot (11am)	U13G / U13B
High Jump	U15B / U15G / U13B / U13G
Long Jump	U11G / U11B follows Seniors
Discus	U15G / U17W / U20W / SW follows Hammer
Long Jump	U15B / U15G (follows U11's)
Discus	SM / U20M / U17M / U15B follows women discus
High Jump	U17M / U17W / U20M / U20W / SM / SW
Shot	U15B / U15G / SM / U20M / U17M / SW / U20M / U17W
Long Jump	U13G / U13B
Triple Jump	SM / SW / U20M / U20W / U17M / U17W (TJ will follow straight after U13'S LJ)
Javelin	SW / U20W / U17W / U15G
Javelin	SM / U20M / U17M / U15B