



# Run Jump Throw

Series

## SHEFFIELD

**Sheffield Hallam University Athletics Track  
Stadium Way, Sheffield, S9 3HL**

Wednesday 24th Of May	Wednesday 21st Of June	Wednesday 5th Of July
<b>TRACK</b> <b>1815: 800m U11/U13</b> 1830: 3000m 1850 u11/u13 1910: 100m 1930: 800m BMC Open 800m will follow 2015: 200m 2050 1500m BMC open <b>1500m</b> <b>FIELD</b> <b>PV 1730 -3m/1915 +3m</b> 1815: LJ -4.30m 1830: SP -8m 1900: JT 1930 LJ + 4.30m 1930: SP + 8m 2000: DT	<b>TRACK</b> 1800 Race Walk 1km/3km 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  <b>FIELD</b> <b>PV 1730 -3m/ 1915 +3m</b> 1815: HJ -1.40m 1830: JT 1930: HJ 1.40m 1930: JT 2000: DT	<b>TRACK</b> 1830: 3000m 1850: 400m and 400m Hurdles 1900: 100m 1930: 800m BMC Open 800m will follow 2015: 200m 2045 1 Mile BMC  <b>FIELD</b> <b>PV 1730-3m 1915 +3m</b> 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 web-site:

<https://www.race-results.co.uk/results/2017/>

Timetable posted on Sheffield and Dearne AC Facebook/Twitter

Senior, U20 and U17 track competitors will be seeded.  
U15, U13 and U 11 age groups will be seeded by ability within age group.

<b>Online entry fee</b> £5 and £2.50 per additional event Entry @ <a href="https://www.race-results.co.uk">race-results.co.uk</a>	<b>Postal Entry fee</b> £6.00 per entry, £3.00 per additional event. Entries to: Run Jump Throws Series Sheffield, 59 Windle Court, Rotherham, S60 5UX	<b>On the day entry fee:</b> £7.00 per entry, £3.00 per additional event.
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Enter all 3 meetings for £15 and get a free t shirt additionally events will be charged.  
Cheques payable to **City of Sheffield and Dearne AC**. Collect numbers on the day.

**Age Groups:** Track & Field age groups as at 31 August 2016.  
Under 15. Under 13 and Under 11 may only compete in 3 events

**All Electronic timing/EDM**

### Prize Money

Awards to best Run, Jump and Throw across the whole series **£100.00 each**

Best performance Awarded per meeting **1st £50, 2nd £25, 3rd £10** based on **Hungarian scoring system plus a free T shirt.**

**Enquiries** Mobile 07703185159  
Email: [runjumpthrowserieshef-fac@gmail.com](mailto:runjumpthrowserieshef-fac@gmail.com)





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## **SHEFFIELD 2017**

DOB \_\_\_\_\_ Age group and Gender \_\_\_\_\_

Email \_\_\_\_\_

Phone No \_\_\_\_\_

Fee Enclosed \_\_\_\_\_ EA Registration No. \_\_\_\_\_

Event(s) Entered and PBs+ 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

<b>Online entry fee</b> £5 and £2.50 per additional event Entry @ <a href="http://race-results.co.uk">race-results.co.uk</a>	<b>Postal Entry fee</b> £6.00 per entry, £3.00 per additional event. Entries to: Run Jump Throws Series Sheffield, 59 Windle Court, Rotherham, S60 5UX	<b>On the day entry fee:</b> £7.00 per entry, £3.00 per additional event.
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No:

