



LADYWELL WINTER WARM UP OPEN

Courtesy of Kent AC

Sunday April 2nd 2017

(under UKA Rules – Permit No. OUT 17/287)

Electronic timing/photo finish

Entry fee £5 per event & Quad Kids £5

Provisional Timetable: (times subject to change depending on entries). Final timetable will be posted on futsal-jam.co.uk on April 1st

Time	Event	Age Group*
10-12pm	Quad Kids (100m, 800m, LJ, Howler throw)	U13 only
1pm	150m	U15 upwards
2pm	3000m	U15 upwards
3pm	300m	U15 upwards
4pm	1000m	U15 upwards

Note: All races graded according to time where practical

Note: U15's can only choose one of the 1000m/3000m races and are limited to 3 events only.

Entries must be made [online](#) (preferred) or on the official entry form below

Postal entries should be returned to: Ladywell Athletics Track Winter Warm Up, Silvermere Road Catford SE6 4QX

Closing date: Thursday 30th March

Late entries will not be accepted

Entry Form

Name _____ Club/School _____

Address _____ Post Code _____

Email _____ Telephone _____

Date of Birth _____

Please circle the relevant age group* and gender

U13 U15 U17 U20 Senior Master Male Female

Event(s) entered: _____

Personal Bests (where not known please put for similar event e.g. 100m):

Signature _____

(For athletes under the age of 18 the form must be signed by the athletes parent/carer)

*** Age Groups**

Under 13 = athletes aged 11 + 12 at midnight of 31/08/17

Under 15 = athletes aged 13 + 14 at midnight of 31/08/17

Under 17 = athletes aged 15 + 16 at midnight of 31/08/17

Under 20 = athletes aged 17 or over at midnight of 31/08/17 and under 20 at midnight 31/12/17

Senior = athletes at least 20 years of age on 31/08/17

Master = Over 35 on the day of competition