

# GATESHEAD COLLEGE



## Gateshead College & Gateshead Harriers Indoor Series. Match 3. Thursday 18th January 2018

### Registration

5.30pm – 6.45pm (on-line entries to pick up numbers before 7.00pm)

### Track running order (start at 7.00pm):

1. 60m (U13 & U15's)
2. 60m (Seeded Fastest to Slowest).
3. 60m Hurdles
4. 60m (Seeded Slowest to Fastest)

### Entry Criteria and times

60m seeded (U17, U20 and Senior only)  
60m age group (U13 and U15).

### Field events

High jump (ALL)  
Triple Jump (ALL)  
Shot Putt (ALL)  
Pole Vault (ALL) Warm Ups Start 6.30pm

### Shot Putt:

All age groups **6.15pm**. (Min distance 9m)  
All age groups at 7.15pm (Max distance 9m)

**Costs:** £3 per event - online entries at [www.race-results.co.uk](http://www.race-results.co.uk) or £4 per event on the day

### Spectators

Downstairs trackside £2

Upstairs balcony £1

Free for coaches with current licence

No parents or coaches are allowed in the competition area and should stay behind the barriers.

Photo finish timing equipment will be used.