

# GATESHEAD COLLEGE



## Gateshead College & Gateshead Harriers Indoor Series. Match 1. Thursday 15<sup>th</sup> November 2018

### Registration

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

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

60m (U13 & U15's)  
60m (Seeded races Fastest to Slowest).  
60m Hurdles  
60m (Seeded races Slowest to Fastest)

#### Entry Criteria and times

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

#### Field events

High jump (Female)  
Long Jump (Male)  
Shot Putt (ALL)

#### 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 license

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

Photo finish timing equipment will be used.