

GATESHEAD COLLEGE



Gateshead College & Gateshead Harriers Indoor Series. Match 3. Thursday 17th January 2019

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 races Fastest to Slowest).
3. 60m Hurdles
4. 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 (ALL) Start 6.30pm
Triple Jump (ALL)
Shot Putt (ALL)
Pole Vault (ALL) **Warm Ups Start 6.15pm**

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 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.