

GATESHEAD COLLEGE



Gateshead College & Gateshead Harriers Indoor Series. Match 5. Thursday 14th March 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 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 (Male)
Long Jump (Female)
Shot Putt (ALL)
Pole Vault (ALL) **Warm Ups Start 6.15pm.**

Shot Putt:

All age groups **6.15pm**. (Min distance 10m)
All age groups **at 7.15pm** (Max distance 12m)

Costs: £3 per event - online entries at www.race-results.co.uk or £4 per event on the day

Spectators

No parents or coaches are allowed in the competition area and should stay behind the barriers. Photo finish timing equipment will be used. Blocks are compulsory for U17 Upwards.