

Macclesfield Harriers & AC

Invite you to celebrate the 20th Anniversary Opening of Track

By competing at an

Invitation Open Meeting on Sat 13th April 2019

Venue Macclesfield Track Priory lane- SK10 4AF

Offering Quality competition at times to suit YOU the athlete
Just turn up at the appropriate time sign in, warm up, and compete.

Open to Cheshire Affiliated Clubs and Athletes

12.00	3000m	
12.15 - 2.30 pm	Throws	12.15 - Shot/Discus/ turbo javelin (u/11s) 1.15 - Javelin / Hammer (alternating throws to comply with H&S regulations)
12.45 - 3.00 pm	Sprints	75 (u11s)/100/150/200/300/400m
3.00 - 4.30 pm	Jumps	3.00 - PV/LJ/HJ* 4.00 - TJ
3.15 pm	Sprint hurdles	starting with 70m H through to 110mH
4.00 - 5.15 pm	Endurance	600(U11s)/800/1200/1500m

- All ages – All abilities
- u/11s can only compete in turbo javelin/ LJ/ a sprint and/or 600m
- Pre-entry online at www.race-results.co.uk by 6th April (entry on the day subject to availability)
- £3.00 per event £8 for 3 or more events for online entries.
- UKA age groups and rules apply regarding distances and maximum number of events. Athletes must be EA registered (excluding U11s).
- Minimum 3 attempts for throws and jumps (* HJ seven attempts in total)
- Age groups as at 31st August 2019 (Minimum age 9 on the day)
- UKA Permit Application Submitted

For more information contact Bob. Lynch 01625 829229