Gateshead College & Gateshead Harriers Indoor Series.
Match 3.
Thursday 16th January 2020

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

Track running order (start at 7.00pm):
1. 80m (U13 & U15’s)
2. 60m (Seeded races Fastest to Slowest).
3. 60m Hurdles
4. 80m (Seeded races Slowest to Fastest)

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)

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

Photo finish timing equipment will be used. Blocks are compulsory for U17 Upwards.
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.
Downstairs trackside £2, Upstairs balcony £1. Coaches free with current license.