Gateshead College & Gateshead Harriers Indoor Series.
Match 5.
Thursday 12th March 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. 80m (Seeded Fastest to Slowest).
3. 80m Hurdles
4. 80m (Seeded Slowest to Fastest)

Field events
High jump (Male)
Long Jump (Female)
Shot Putt (ALL)
Pole Vault (ALL) Warm Ups Start 6.15pm.

Entry Criteria and times
80m seeded (U17, U20 and Senior only)
80m age group (U13 and U15).

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

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.