



**Gateshead College & Gateshead Harriers  
Indoor Series.  
Match 5.  
Thursday 12<sup>th</sup> 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. 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)

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](http://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.