



# Run Jump Throw

## Doncaster

98 Stadium Way, Doncaster DN4 5JB

Sunday 20 <sup>th</sup> of September 1345-1445 U13	Sunday 20 <sup>th</sup> of September 1445- 1800 U15+	Sunday 20 <sup>th</sup> of September 1445- 1800 U15+	Quadrathlon U17+ 1300-1700
TRACK 1345 100m 1405 800m 1425 200m Field 1345 LJ U13 Field 1345 Shot Putt U13	TRACK 1445 Sprint Hurdles. 1500 100m 1530 800m 1600 400m 1620 300m 1630 1500m 1700 200m	Long Throws Field 1300 Hammer 1400 DT 30m Below 1500 DT 30m+ 1600 Heavy Hammer 1700 Javelin  Short Throws Field 1400 SP 10m Plus 1600 SP below 10m Jumps Field 1500 LJ below 5.40m 1600 LJ Above 5.40m 1700 HJ (9 Attempts Max)	Men 1300 LJ, 1445 110/100m Hurdles, 1500 SP 1600 400m  Women 1300 LJ, 1445 100m Hurdles, 1500 SP 1700 200m
Athletes can do either Track or Field.	Athletes can do Either Track or Field	Max 10-12 athletes per Field Pool	Max 12 Athletes £25

Provisional Timetables

Events information <https://sheffieldathletics.co.uk/>

Online entry only Limited space closing Date Sunday 13<sup>th</sup> of September £10 per event.

Enter on: <https://www.race-results.co.uk/results/2020/>

Open to ages u13+ and seeded by ability within age group.

**Age Groups:** as at 31 August 2020

**All Electronic timing**

**Enquiries** Mobile 07703185159

Email:

Athletes will have limited time in the arena and must follow all Covid Guidelines or will be asked to leave:

Athletes can only have 1 spectator both must sign in using a mobile device and a QR scanner on entry and exit to the arena

Races will be in bubbles of 6-8 for all track events 10-12 for field events.

All events are pre seed and will go out on the Wednesday:

More NGB info can be found here:

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>

<https://d192th1lqal2xm.cloudfront.net/2020/08/EA-Return-to-Track-and-Field-Competition-Guidance-4-Aug.pdf>

