

Wakefield District Harriers and Athletics Club

Spring Open Meeting



Saturday 7th April 2012
Thornes Park Stadium, Wakefield
Medals to first 3 in each Age Group



6mm spikes maximum

U11 Boys	80m, 600m, LJ, Shot
U13 Boys	100m, 200m, 800m, HJ, LJ, Shot
U15 Boys	100m, 200m, 800m, 80mH, HJ, LJ, Pole Vault, Shot
U17 Men	100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, HJ, LJ, Pole Vault, Shot, Javelin, Discus, Hammer
U11 Girls	80m, 600m, LJ, Shot
U13 Girls	100m, 200m, 800m, HJ, LJ, Shot
U15 Girls	100m, 200m, 800m, 75mH, HJ, LJ, Pole Vault, Shot
U17 Ladies	100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, 300mH, HJ, LJ, Pole Vault, Shot, Javelin, Discus, Hammer

Entry limited to 3 events only

(If entering a relay, it is an additional event, and is not included in the 3 events limit.)

Ages as at 31st August 2012

Jun/Sen Men

100m, 200m, 400m, 800m, 1500m, 3000m, 110mH, 400mH, HJ, LJ, Pole Vault, Shot, Javelin, Hammer, Discus

Jun/Sen Ladies

100m, 200m, 400m, 800m, 1500m, 3000m 100mH, 400mH, HJ, LJ, Pole Vault, Shot, Javelin, Hammer, Discus

Ages as at 31st December 2012

Relays - enter on the day only - £2 per team member

U11 Girls/Boys 4x60m shuttle relay All other age groups 4x100m, medals for each age groups

Pole Vault will be a rising bar and will begin at 1.10m at 11.00am and at 3m at 3.00pm
Hammer competition will begin at 10.30am Field Events Start 11.00am
Track Events Start 11.30am

ENTRY FEES

Postal entries £3 per event £5 for 2 events and £7 for 3 events per person

Closing date for postal entries Friday 30th March 2012

Postal entries to **Wakefield Harriers**, F Lancaster, 19 The Balk, Walton, Wakefield, West Yorkshire, WF2 6JZ,

Telephone 01924 251427 (No calls after 9.30pm please)

Please enclose a SAE C5(162 x 229mm) minimum please, for return of numbers

Entries on the day £4 per event £7 for 2 events and £10 for 3 events person

Last entry for Hammer and Pole Vault competition 10.00am, last Field entry 10.30am, last Track entry 11.00am

The organisers reserve the right to refuse entry and change the programme without notice

Held under UK Athletics Rules

Surname.....First Name.....EA reg Number.....
Tel Number.....Date of Birth.....Age Group..... M/F
Address and Postcode.....

Events (FOR POLE VAULT PLEASE STATE STARTING HEIGHT.....

.....Club.....

*PLEASE NOTE IF PERMISSION IS GIVEN FOR AN ATHLETE (U13 AND ABOVE) TO MOVE UP ONE AGE GROUP FOR AN EVENT THAT IS UNAVAILABLE FOR THEIR AGE GROUP, YOU WILL BE ENTERING THE COMPETITION AS A GUEST AND THEREFORE **WILL NOT BE ELIGIBLE** FOR A MEDAL. GUEST ENTRIES WILL ONLY BE ACCEPTED AT THE DISCRETION OF THE TRACK REFEREE, THE FIELD REFEREE AND ULTIMATELY THE MEETING ORGANISER AND PERMISSION **MUST** BE SOUGHT IN ADVANCE.

I am an amateur as defined by UKA Laws, and agree to abide by its rules. I accept that the organisers are not responsible for any injuries or loss that I may incur at this meeting.

Signature.....(Parent/Guardian must sign if under 18)

Cheques made payable to "Wakefield District Harriers & AC"

Please ensure you have paid correct postage for your entry form, as postal surcharges will not be paid, and entries held by the Post Office will not be collected