

**Saturday
4th June 2016**



**Electronic Timing & EDM for
long throws**

LEEDS CITY OPEN MEETING 2016

John Charles Centre of Sport, LS11 5DJ

**Incorporating the Inaugural Mark Sesay Memorial Invitational 800m
and**

Featuring the Inaugural Yorkshire Mile (entry by standard)

both kindly sponsored by the Yorkshire Runner

AGE GROUPS

U11 – Years 4 and 5 U13 – Year 6 and 7
U15 – Year 8 and 9 U17 – Year 10 and 11

Please note that U11, U13, U15 and U17 are restricted to a maximum of three events.

U13 and U15 can only compete in one of the 800m and 1200m/1500m

EVENTS	TIMETABLE WILL BE ON LEEDS CITY WEBSITE
U11s	75m, 150m, 600m, Long Jump, Shot Putt
U13 Girls / Boys	70H/75H, 75m/100m, 150m/200m, 800m, 1200m/1500m, Long Jump, High Jump, Shot Putt,
U15 Girls / Boys	75H/80H, 100m, 200m 300m (boys), 800m, 1500m, Long Jump. Triple Jump, High Jump, Shot Put, Javelin, Discus, Hammer
U17 Women/Men	80mH / 100mH, 300mH/400mH, 100m, 200m, 300m/400m, 800m, 1500m, 3000m, Long Jump, High Jump, Triple Jump, Shot Put, Javelin, Discus, Hammer
U20/Seniors	100mH/110mH, 400mH, 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, High Jump, Triple Jump, Shot Put, Javelin, Discus, Hammer
Open Wheelchair	60m, 100m, 200m, 400m, 800m
Open Disability	50m, 100m, 200m, 400m, Long Jump, Shot Putt, Softball Throw, Turbo Javelin

£4 per event or £10 for three events –

ENTRIES WILL COST £5 ON THE DAY PER EVENT; Entries close 45 minutes before the event time

Advised to enter in advance as they are entry limits per event

Please send a stamped addressed envelope so your numbers can be posted back to you

Please make cheques payable to: "Leeds City Athletics Club" PLEASE DO NOT SEND CASH

Post your entry forms to: "Stephen Locking, 15 Cross Grasmere Street, Leeds, LS12 1PU"

For any enquiries please contact 07903044343 or steve_roy66@hotmail.com

(Held under UKA rules)

(Closing Date for Pre Entries 20th May 2016)

Forename..... Surname.....
Date of Birth..... Club.....
Age Group..... M/F..... EA Number.....
Events & PBS.....Yorkshire Mile standard: M 3m.55s / F 4m.20s – 1500m
FEE ENCLOSED £..... Signature..... Contact No.....

Or enter online @ <http://www.race-results.co.uk/results/2016/>