



Run Jump Throw

Series

SHEFFIELD

The English Institute of Sport Sheffield

Coleridge Road, Sheffield S9 5DA

Provisional Timetables

Wednesday 13th of Dec	Wednesday 24th Of Jan	Tuesday 6th Feb
TRACK 1815: U11/13 60m 1830: U11/13 600m 1845: 60m Seniors 19:15 3km 19:30 400m u17+ 19:40 800m BMC (paced) Open 800m will follow 2015: 200m 2100: Xmas mile Paced FIELD 1800 PV (Below 3m) 1830 (LJ Below 5m) 1930 Vortex Throw 2000: LJ (+5m) 1900: SP (-10m) 1930 : PV (+3m) 2000: SP +10m	TRACK 1815: U13/U11 60m 1830: Race walks 1km/3km 1850: Sprint Hurdles 1910: 60m 1940 : 400m 2000 : 800m (paced) 2045: 200m 2100: 1500m Paced FIELD 18:30m LJ (Below 5m) 18:30 PV (Below 3M) 1930 Vortex/Howler 1930: LJ (Above 5m) 1930 TJ 1930: SP 1930: PV (+3M)	TRACK 1815: u11/u13 60m 1830: 3000m 1900: 60m 1930: 800m BMC (paced) 800m open 2015: 200m 2045: 1200 paced. FIELD 1800 PV (Below 3m) 1815 HJ (Below 1.40m) 1930 Vortex 2000 : HJ (+1.50M) 1900: SP (-10m) 1930: PV (+3m) 2000: SP + 10m

All

Events information <http://sheffieldsathletics.co.uk/category/events/>
 Open to all ages and seeded by ability within age group.

Online entry fee £6 and £2.50 per additional event Entry @ www.race-results.co.uk	Postal Entry fee £8.00 per entry, £5.00 per additional event. Entries to: Run Jump Throws Series Sheffield, 59 Windle Court, Rotherham, S60 5UX	On the day entry fee: £7 first event and then £4 per additional event.
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[Enter all 3 meetings and get a free t shirt](#)

Cheques payable to **City of Sheffield and Deame AC.**

Collect numbers on the day.

Age Groups: as at 31 August 2017/18

Under 15. Under 13 and Under 11 may only compete in 3 events **All Electronic timing.**

Prize Money for:

Best Run, Jump and Throw across the whole series
£75.00 each (£325 to be won!!)

On the night

Highest scoring athletes on the **Hungarian scoring tables**
1st £50, 2nd £25, 3rd £10 (£85 to be won!!!!)

Enquiries Mobile 07703185159

Email: runjumpthrowseriesheffac@gmail.com





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Name _____

Club _____

DOB _____ Age group _____

Email _____

Phone Number _____

Meeting DATE 14TH OF Dec 24 of Jan 2018 6th of Feb

Event _____ —PB _____

Event _____ PB _____

Event _____ PB _____

Events and PB _____

