

Southport Waterloo AC

Open T&F Medal Meeting

Inc the Larry Hyland 1 Mile Races

Held under UKA Rules: Permit OUT 18/435

Saturday 1st September 2018

@ Litherland Sports Park, Boundary Road, Liverpool L21 7LA

(Close to M57 & M58 – visit www.sw-ac.co.uk for directions)

Starting at: 11.00 am Field, 12 noon Track

Events

Under 9 Girls	75m, 150m, 600m, LJ, Vortex Ball - <i>Minimum age 7 years</i>
Under 9 Boys	75m, 150m, 600m, LJ, Vortex Ball - <i>Minimum age 7 years</i>
Under 11 Girls	75m, 150m, 600m, 60m hurdles ¹ , LJ, Vortex Ball
Under 11 Boys	75m, 150m, 600m, 60m hurdles ¹ , LJ, Vortex Ball
Under 13 Girls	75m, 150m, 800m or 1200m, 70m hurdles ¹ , LJ, HJ, javelin, shot, hammer
Under 13 Boys	100m, 200m, 800m or 1 mile, 75m hurdles ¹ , LJ, HJ, javelin, shot, hammer
Under 15 Girls	100m, 200m, 300m, 800m or 1 Mile or 3000m, 75m hurdles, LJ, HJ, javelin, shot, hammer
Under 15 Boys	100m, 200m, 300m, 800m or 1 Mile or 3000m, 80m hurdles, LJ, HJ, javelin, shot, hammer
Under 17 Women	100m, 200m, 300m, 800m, 1 Mile, 3000m, 80m hurdles, LJ, HJ, javelin, shot, hammer
Under 17 Men	100m, 200m, 400m, 800m, 1 Mile, 3000m, 100m hurdles, LJ, HJ, javelin, shot, hammer
Senior Women	100m, 200m, 400m, 800m, 1 Mile, 3000m, 100m hurdles, LJ, HJ, javelin, shot, hammer
Senior Men	100m, 200m, 400m, 800m, 1 Mile, 3000m, 110m hurdles, LJ, HJ, javelin, shot, hammer

Max 3 for all ages other than Senior

¹ Only available to those who have trained over hurdles

Races are straight finals or run as time trials. **Medals** will be awarded to 1st, 2nd & 3rd in each event. £20 **prizes** for best performance per age groups Under 13 to Senior based on AAA Graded Standards. (Applies to pre-entries only).

Postal entries £3 per individual event, provided payment made with pre-entry. Numbers to be collected on the day. Check on web site www.sw-ac.co.uk for provisional timetable from 20th August.

Entries on the day £5 per individual event.

Entries with payment should be sent to:

Ron Scott, 23 Stanley Avenue, Birkdale, Southport PR8 4RU tel: 01704 566995 email: RonCoScott@aol.com

Closing

date for postal entries is Wednesday 29th August. **Cheques** payable to Southport Waterloo AC



ENTRY FORM

Name Age Group* Club Total cost £
(£3 per event)

Address Male / Female Email

..... Athletics URN⁺ (U13 and above)

..... * Age Group for young athletes is based on age at midnight on 31st August 2018.

⁺ England, Scotland, Wales or N. Ireland registration number.

Event 1 Event 2 Event 3

I accept that the organisers will not be liable for any injuries as a result of competing and will not be liable for any loss of or damage to property.

I (or as a parent/guardian of a child below 16 years of age) agree that organisers may publish my Personal Information as part of the results of this meeting and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the meeting alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, event performances, and age category.

Name Signed Date

(Athletes under 16 must have this form signed by a parent or carer)