

Southport Waterloo AC

Open T&F Medal Meeting

Inc the Larry Hyland 1 Mile Races

Held under UKA Rules: Permit Applied for

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	Max 3 for all ages other than Senior
Under 9 Girls	75m, 150m, 600m, LJ, Vortex Ball - Minimum age 7 years
Under 9 Boys	75m, 150m, 600m, LJ, Vortex Ball - Minimum age 7 years
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

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

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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 organizers 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.

Name Signed Date

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