

# Swansea Harriers Athletics Club Open Meeting@ Swansea University Athletics Track, SA2 8QG Sunday 08 April 2018 (Under UK Athletics Rules)

**THERE IS A CLOSING DATE FOR ENTRIES OF Friday 30 March 2018** unless the total event capacity **MAXIMUM NUMBER OF ENTRIES OF 350** is reached first. This is due to the large number of entries received over the last couple of years.

- Registration is **AT LEAST** 30 minutes before your first event. Numbers are collected on the day.
- All track races will be run as time trails.
- In all field events, athletes are limited to 3 trails except High Jump.
- No parents or coaches are allowed inside the railings of the competition area or into the announcer's box at any time.
- Track events take priority if athletes are in two disciplines at once. High jumpers have to re-join the event in the round in progress on their return, the bar cannot be moved back down.

**LATE ENTRIES WILL NOT BE ACCEPTED AND STRICTLY NO ENTRIES ON THE DAY**

## **PROVISIONAL TIMETABLE – MAXIMUM 3 EVENTS**

### **TRACK EVENTS**

<b>12.00</b>	<b>Sprint Hurdles (U13 – Senior)</b>
<b>12.45</b>	<b>75m (U11)</b>
<b>13.15</b>	<b>100m (U13 – Senior)</b>
<b>14.45</b>	<b>300m / 400m (U15 – Senior)</b>
<b>15.30</b>	<b>800m (U11 – Senior)</b>
<b>17.00</b>	<b>3000m (U17 – Senior)</b>

### **FIELD EVENTS**

<b>12.00</b>	<b>Long Jump (U11)</b> <b>Shot Putt (U15G, U17W, U20W &amp; Senior Women)</b>
<b>13.30</b>	<b>Long Jump (U17M&amp;W, U20M&amp;W, Senior Men &amp; Women)</b> <b>High Jump (U15)</b> <b>Shot Putt (U13)</b>
<b>15.00</b>	<b>Long Jump (U13)</b> <b>Shot Putt (U15B, U17M, U20M &amp; Senior Men)</b> <b>Javelin (U15G, U17W, U20W &amp; Senior Women)</b>
<b>16.30</b>	<b>Long Jump (U15)</b> <b>High Jump (U17M&amp;W, U20M&amp;W, Senior Men &amp; Women)</b> <b>Shot Putt (U11)</b> <b>Javelin (U15B, U17M, U20M &amp; Senior Men)</b>

#### **AGE GROUPS**

**U11** (School Years 4 & 5) Athletes must have had their 9<sup>th</sup> birthday  
**U13** (School Years 6 & 7)  
**U15** (School Years 8 & 9)  
**U17** (School Years 10 & 11)  
**U20** (School Years 12, 13 & 14)

#### **EVENTS AVAILABLE FOR EACH AGE GROUP**

**U11:** 75m, 800m, Long Jump & Shot  
**U13:** Hurdles, 100m, 800m, Long Jump & Shot Putt  
**U15:** Hurdles, 100m, 300m, 800m, Long Jump, High Jump, Shot Putt & Javelin  
**U17, U20 & Seniors:** Hurdles, 100m, 3/400m, 800m, 3000m Long Jump, High Jump, Shot Putt & Javelin

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Sunday 08 April 2018  
(Under UK Athletics Rules)**

**ENTRY FEES:** £3 per event – **MAXIMUM 3 EVENTS**

**CLOSING DATE:** Friday 30 March 2018 unless total event capacity of 350 athletes is reached first.

**ENTRIES TO:** Jo Wood, 225 Gwynedd Avenue, Townhill, Swansea SA1 6LN TEL: 07989 268361

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<b>NAME</b>			
<b>CONTACT NUMBER</b>			
<b>CLUB</b>			
<b>EMAIL ADDRESS</b>			
<b>DATE OF BIRTH</b>		<b>AGE GROUP</b>	
<b>REGISTRATION NO.</b>			

Age	75m / 100m	300m / 400m	800m	Sprint Hurdles	3000m	High Jump	Long Jump	Shot Put	Javelin
<b>U11 GIRLS</b>	75m		800m				⌋	2.00kg	
<b>U11 BOYS</b>	75m		800m				⌋	2.72kg	
<b>U13 GIRLS</b>	100m		800m	70mH			⌋	2.72kg	
<b>U13 BOYS</b>	100m		800m	75mH			⌋	3.00kg	
<b>U15 GIRLS</b>	100m	300m	800m	75mH		HJ	⌋	3.00kg	500g
<b>U15 BOYS</b>	100m	300m	800m	80mH		HJ	⌋	4.00kg	600g
<b>U17 WOMEN</b>	100m	300m	800m	80mH	3000m	HJ	⌋	3.00kg	500g
<b>U17 MEN</b>	100m	400m	800m	100mH	3000m	HJ	⌋	5.00kg	700g
<b>U20 WOMEN</b>	100m	400m	800m	100mH	3000m	HJ	⌋	4.00kg	600g
<b>U20 MEN</b>	100m	400m	800m	110mH	3000m	HJ	⌋	6.00kg	800g
<b>SENIOR WOMEN</b>	100m	400m	800m	100mH	3000m	HJ	⌋	4.00kg	600g
<b>SENIOR MEN</b>	100m	400m	800m	110mH	3000m	HJ	⌋	7.26kg	800g

**PLACE A CROSS (X) IN THE EVENT(S) YOU WISH TO ENTER**

<b>I ENCLOSE CHEQUE / PO FOR £.....MADE PAYABLE TO 'SWANSEA HARRIERS' ENTRY FEES ARE £3 PER EVENT.</b>
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