

MANX HARRIERS

CLUB TRACK & FIELD CHAMPIONSHIPS 2018

Under UK Athletic Rules.
AT THE NSC DOUGLAS
UK Permit No. OUT 17/305
SATURDAY 30TH JUNE & SUNDAY 1ST JULY 2018

PLEASE NOTE THAT THE CHAMPIONSHIPS ARE OPEN TO ALL CLUBS AND SCHOOLS FROM U13 UPWARDS
BUT ONLY MANX HARRIER MEMBERS WILL BE ELIGIBLE FOR A MEDAL.

SIGNING ON FROM 10.00AM IN THE MANX HARRIERS CLUB HOUSE EVENTS START 11.30AM PROMPT.

Please check your age group before completing this form

Under 7 Boy or Girl 5 or 6 at Midnight at 31st Aug/1st Sept 2018
Under 9 Boy or Girl 7 or 8 at Midnight at 31st Aug/1st Sept 2018
Under 11 Boy or Girl 9 or 10 at Midnight at 31st Aug/1st Sept 2018
Under 13 Boy or Girl 11 or 12 at Midnight at 31st Aug/1st Sept 2018
Under 15 Boy or Girl 13 or 14 at Midnight at 31st Aug/1st Sept 2018
Under 17 Man or Woman 15 or 16 at Midnight at 31st Aug/1st Sept 2018
Junior Man or Woman 17 or 18 or 19 at Midnight 31st Dec 2014/Jan 2019

SATURDAY 30TH JUNE

TRACK

75m U7G, U7B
100m All Age Groups Male & Female.
300m U15B, U15G, U17W
400m U17M, JM, SM, JW, SW.
800m U9G, U9B
1500m U11B, U13B, U15B, U17M, JM, SM, U11G, U13G, U15G, U17W, JW, SW.
70mH U13G
75mH U13B, U15G
80mH U15B, U17W
100mH U17M, JW, SW
110mH JM, SM

FIELD

Standing LJ U7G
Long Jump All Female Age Groups
Triple Jump U15B, U17M, JM, SM
High Jump U13B, U15B, U17M, JM, SM
Cricket Ball U7B, U9B, U11B.
Javelin U13G, U15G, U17W, JW, SW.
Discus U13B, U15B, U17M, JM, SM.
Hammer U13G, U15G, U17W, JW, SW.
Shot Putt U13B, U15B, U17M, JM, SM.

SUNDAY 1ST JULY

TRACK

50m U7B, U7G
200m All Age Groups Male & Female.
300mH U17W
400mH U17M, JM, SM, JW, SW
400m Walk U9G, U9B, U11G, U11B
800m Walk U13G, U13B
1Mile Walk U15G, U15B, U17W, U17M, JW, JM, SW, SM
600m U9B, U9G, U11G, U11B
800m U13 U13B, U15B, U17M, JM, SM, U13G, U15G, U17W, JW, SW.
3000m U15B, U17M, U15G, U17W, JM, SM, JW, SW.

FIELD

Standing Long Jump U7B
Long Jump All Male Age Groups
Triple Jump U17W, JW, SW
High Jump U13G, U15G, U17W, JW, SW
Pole Vault U13B, U15B, U17 M, JM, SM U13G, U15G U17W, JW, SW.
Cricket Ball U7G, U9G, U11G.
Javelin U13B, U15B, U17M, JM, SM
Discus U13G, U15G, U17W, JW, SW
Hammer U15B, U17M, JM, SM
Shot Putt U13G, U15G, U17W, JW, SW.

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Please complete entry form in CAPITAL LETTERS

SURNAME..... FIRST NAME.....

ADDRESS.....

.....Post Code.....

TEL No..... email.....

Club/School..... Date of Birth.....

Age Group..... Male or Female.....

U7's may only compete in 2 events per day. U9's, U11's, U13's, U15's, 17's plus may only compete in 3 events per day. All Athletes under the age of 15, may only compete in one distance race per day .

Starting Heights for:

	High Jump	Pole Vault		High Jump	Pole Vault
SM –	1.50M	2.00M	SW -	1.40M	1.80M
JM –	1.50M	2.00M	JW -	1.30M	1.70M
U17M -	1.35M	2.00M	U17W -	1.25M	1.70M
U15B -	1.25M	1.70M	U15G -	1.15M	1.70M
U13B -	1.05M	1.50M	U13G -	1.05M	

ENTRIES CLOSE TUESDAY 26TH JUNE 2018.

Saturday 30th June 2018	Sunday 1 st July 2018
Event	Event

I declare that a) I am an amateur as defined by U.K. Athletic Rules. b) I am qualified to compete in the Manx Harriers Club Championships by virtue of birth or residence.

Signed	Date
Counter signed by parent guardian if under 17 years of age	

ENTRY FEES: U7, U9, U11, U13, U15, U17, JUN, SEN £2.00 PER EVENT
Please make cheques payable to the Manx Harriers

PLEASE NOTE:

Medals will only be presented to Manx Harrier members only.

All Entries To: Petra Atchison, Ballasaig Farm, Maughold, Isle of Man. IM7 1BJ.

Tel No: 202394 or email: grantandpetra@manx.net