**MANX HARRIERS**

**CLUB TRACK & FIELD CHAMPIONSHIPS 2019**

**Under UK Athletic Rules.**

**AT THE NSC DOUGLAS**

**UK Permit No. OUT 19/327**

**SATURDAY 25TH MAY & SUNDAY 26TH MAY 2019**

**PLEASE NOTE THAT THE CHAMPIONSHIPS ARE ONLY OPEN TO MANX HARRIER MEMBERS.**

**SIGNING ON FROM 9.30AM IN THE MANX HARRIERS CLUB HOUSE EVENTS START 10.30AM PROMPT.**

**Please check your age group before completing this form**

Under 7 Boy or Girl 5 or 6 at Midnight at 31stAug/1st Sept 2019

Under 9 Boy or Girl 7 or 8 at Midnight at 31stAug/1st Sept 2019

Under 11 Boy or Girl 9 or 10 at Midnight at 31st Aug/1st Sept 2019

Under 13 Boy or Girl 11 or 12 at Midnight at 31st Aug/1st Sept 2019

Under 15 Boy or Girl 13 or 14 at Midnight at 31st Aug/1st Sept 2019

Under 17 Man or Woman 15 or 16 at Midnight at 31st Aug/1st Sept 2019

Junior Man or Woman 17 or 18 or 19 at Midnight 31st Dec 2015/Jan 2020

**SATURDAY 25TH MAY**

**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 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

Cricket Ball U7G, U9G, U11G.

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 26TH MAY**

**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 U7G

Long Jump All Female Age Groups

Triple Jump U15B, U17M, JM, SM

High Jump U13B, U15B, U17M, JM, SM

Pole Vault U13G, U15G U17W, JW,SW.

Cricket Ball U7B, U9B, U11B.

Javelin U13B, U15B, U17M, JM, SM

Discus U13G, U15G, U17W, JW, SW

Hammer U15B, U17M, JM, SM

Shot Putt U13G, U15G, U17W, JW, SW.

**MANX HARRIERS**

**TRACK & FIELD CHAMPIONSHIPS 2019**

**Under UK Athletic Rules.**

**AT THE NSC DOUGLAS**

**UK Permit No. OUT 17/305**

**SATURDAY 25TH MAY & SUNDAY 26TH MAY 2019**

**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 21ST MAY 2019.**

|  |  |
| --- | --- |
| **Saturday 25th May 2019** | **Sunday 26th May 2019** |
| **Event** | **Event** |
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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**.**

**Counter signed by parent guardian if under 17 years of age**

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| --- |
| **Signed ………………………………………………… Date…………………………** |

**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 on the day of competition**

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

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