

# Mansfield Harriers & AC



## Spring Track & Field Open Meeting Sunday 4<sup>th</sup> April 2010

**Events (Under 11) :** 80m, 150m, 600m, Long Jump, High Jump

**Events (Under 13's - Veterans) :** 100m, 200m, 300/400m(Under 15+), 800m, 3000m(Under 15 Boys+), 300/400mHurdles(Under 17+), Long Jump, High Jump, Pole Vault, Shot, Hammer & Javelin.

**N.B. There will be 2 Pools for ALL field events based on ability not age group.**

The Hammer & Javelin competitions will have the use of EDM measurement & are by **Pre Entry ONLY**.  
There will be no entries taken for the Hammer & Javelin events on the day.

Under 13's through to Veterans will be seeded as one competition by ability. Competitors will have a straight 6 trials in Long Jump, Shot, Hammer and Javelin.

Under 11's will be run as one competition. Competitors will have 3 trials in the Long Jump.

Entry Fees: £2.00 per event before the day      £3.00 per event on the day

Cheques (in UK Sterling) to be made payable to Mansfield Harriers & AC. **DO NOT SEND CASH.**  
Entries will not be acknowledged, all numbers to be collected on the day.

Timetable and Entry lists will be placed on the Mansfield Harriers website: **[www.mansfield-harriers.org](http://www.mansfield-harriers.org)**

**Closing date for postal entries - Friday 26<sup>th</sup> March 2010**

**Entry Forms to:** Stefan Wilcockson (Open Meeting), 7 Farndon Road, Sutton-In-Ashfield, Notts, NG17 5HR

**Enquiries:** Tel: 07907 665610 or E-mail: [stefwilco@virginmedia.com](mailto:stefwilco@virginmedia.com)

-----  
**Entry Form (Please complete all information)**

Event 1: ..... P.B ..... Event 2: ..... P.B .....

Event 3: ..... P.B ..... Event 4: ..... P.B .....

First Name: ..... Surname: .....

Age Group: ..... Date of Birth: .....

Club/School: ..... Male / Female

Contact Number: ..... Email Address: .....

Entry Fee Enclosed: £..... Date: .....

Signed: ..... Athletes under the age of 16 **MUST** have the form signed by a parent/guardian.