

# OPEN GRADED ATHLETICS MEETING

Sunday 22<sup>nd</sup> November 2015



AT THE INDOOR TRACK  
ENGLISH INSTITUTE OF SPORT SHEFFIELD  
Under UKA Rules.

## OPEN GRADED EVENTS. 11-30am until 4.30pm

Track events:	60m, 300m,	60m Hurdles, 800m,	(two rounds for both) 3,000m
Field events:	Pole Vault Long Jump,	High Jump Shot,	(PV and HJ max of 7 attempts), Triple Jump (LJ, TJ and Shot 3 attempts each).
Age groups:	Under 15, (School Yr 8/9)	Under 17, (School Yr 10/11)	Under 20's Seniors / vets.

Athletes will be seeded into pools with mixed age group and gender based on anticipated performance.  
60m seeding based on 100 pb. Other track races to be seeded at the start  
Field event pools – athlete to circle preferred pool above. LJ pool allocated based on PB supplied.

All competitors in the 60m and 60m hurdles will have two races.

Pole vault	Pool 1 starting height 1-50m	Pool 2 starting height 3-00m	
High jump	Pool 1 starting height 1-00m	Pool 2 starting height 1-50m	
Long jump	Pool 1 under 4-00m	Pool 2 under 5-00m	Pool 3 over 5-00m
Shot	Pool 1 under 10-00m	Pool 2 over 10-00m	
Triple jump	Pool 1 under 12-00m	Pool 2 over 12-00m	

No awards – only times, heights and distances. Manual timing.

**Cost £5 per event or £8 if entering 2 events or £10 if entering 3 events**

**Entries on the day subject to availability. £8 per event with no discount for 2<sup>nd</sup> / 3<sup>rd</sup> events**

Stadium equipment only. Own vaulting poles required. Numbers to be picked up on the day.

**Entries to;** NAN Indoor Athletics 6 Santon Road, Mansfield, Notts NG19 0PR.

Enclosing a cheque payable to **Nottinghamshire Athletics Network**

Full Name.....M / F  
Address.....  
.....Date of Birth.....  
Email address.....  
Name of Club / Uni / School .....Age group.....  
Signature (Parents/Carer if under 18) .....  
Event /s entered .....  
.....  
PB for 100m ..... and Long Jump .....(Required for seedings for 60m and Long Jump)  
Entry Fee enclosed £.....

**Closing date for entries Thursday 19<sup>th</sup> November 2015**

The timetable will be shown on the Nottinghamshire AAA web site. [www.nottsaaa.org](http://www.nottsaaa.org)

Check on the website to confirm entry has been received. The EIS will impose a car parking charge.