

OPEN GRADED ATHLETICS MEETING

Sunday 20th November 2016



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, PV and HJ max of 7 attempts	High Jump Shot,	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. 300m seeding based on 200 pb.
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 2-80m
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 2nd / 3rd 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 / SchoolAge group.....
Signature (Parents/Carer if under 18)
Event /s entered
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PB for 100m 200m and Long Jump
(Required for seeding for 60m , 300m and Long Jump)
Entry Fee enclosed £.....

Closing date for entries Wednesday 16th November 2016

The timetable will be shown on the Nottinghamshire AAA web site. www.nottsaaa.org
Check on the website to confirm entry has been received. The EIS will impose a car parking charge.