

Southport Waterloo AC



presents

the inaugural
M&V



www.mgv-uk.com

Litherland Track Relays incorporating Merseyside County Relay Championships*

Held under UKA Rules on

Sunday 16th September 2007

@ Litherland Sports Park, Boundary Road, Liverpool L21 7LA

(Close to Switch Island and M57, M58 – visit www.sw-ac.co.uk for directions)

starting at 12 Noon

	U13G	U15G	U17W	J/S W	U13B	U15B	U17M	J/S M
3K Paarlaf (2 runners)		✓	✓	✓		✓	✓	✓
4 x 100m*	✓	✓	✓	✓	✓	✓	✓	✓
4 x 400m*		300m	300m	✓		✓	✓	✓
4 x 200m	✓	✓	✓	✓	✓	✓	✓	✓
3 x 800m	✓	✓	✓	✓	✓	✓	✓	✓
Medley Relays	✓	✓	✓	✓	✓	✓	✓	✓

Teams must be made up of first claim members from the same club and wearing the same colours. All runners can compete in a maximum of 4 events. Before the team events, there will be a series of open graded 100m races. There is no charge for the 100m if you are pre-entered for a team event (otherwise £2.50 per person, or £3.50 on the day). Team entry fee is £6 – just £1.50 per person in a 4 x 100m team - or £8 on the day. Paarlaf team entry is £4 or £5 on the day. Runners must run in their own age group. Medals will be awarded to 1st, 2nd & 3rd teams.

Entries should be sent to: SWAC, 23 Stanley Avenue, Birkdale, Southport PR8 4RU **tel:** 01704 566995 **email:** RonCoScott@aol.com

Closing date for postal entries is Wednesday 12th September '07.

✂ ENTRY FORM

Please enter me for a 100m race

Name Age Group Club £2.50

Please enter teams as follows:

..... teams in the(age group)(relay £6 / paarlaf £4) * £.....

Team Names

..... teams in the(age group)(relay £6 / paarlaf £4) * £.....

Team Names.....

..... teams in the(age group)(relay £6 / paarlaf £4) * £.....

Team Names

..... teams in the(age group)(relay £6 / paarlaf £4) * £.....

Team Names.....

*Please circle teams entered for Merseyside County Championships and add £5 per team entry fee. (Only the 4 x 100m and 4 x 3/400m teams are eligible for county medals. County qualification is either by birth or 9 months residence immediately prior to competition.) £.....

TOTAL £.....

I declare that I am / all runners are 1st claim members able to compete in the selected event. I understand that all numbers are to be collected on the day when names of all runners must be declared.

NameSigned(person in charge) Club Date

www.southportwaterloo.co.uk

Litherland Track Relays

Additional Information

Provisional Timetable and Order of Events

12.00 100m graded races

12.45 3K paarlauf

3 x 800m relays

13.35 4 x 100m relays

4 x 300m relays

4 x 400m relays

15.25 4 x 200m relays

medley relays

All relays to start with girls, going up through the age groups, and then the boys, again going up through the ages.

3K Paarlauf. As the name suggests, this is a continuous relay with 2 runners. Traditional Paarlauf training involves running 200m whilst your partner crosses the infield. In this race, the 2 runners need to cover the 3000m between them with only one runner on the track at any one time. After the first 200m, all change overs will be at the finish line with each runner running single or multiple 400m laps until the baton covers 3000m.

4 x 300m relay. These will be run exactly as in the YAL. 1st leg runners will run in lanes and break at the 800m break point. All change overs will then use the Lane 1 change over boxes. 2nd leg runner is at the 100m start, 3rd leg at the 200m start and the final leg runner at the 300m start.

4 x 400m relay. Split times will be taken and included in the results.

3 x 800m relay. Split times will be taken and included in the results. The race will start in lanes with the 1st leg runner breaking from lane at the normal 800m break point. Change overs will use the 4 x 400m blue box.

Medley relays. There will be two medley relays. The first, for under 13 girls and boys, will comprise 100m, 100m, 200m and 600m. The race will start in lanes at the 200m start with the first changeover after 100m just like in the 4 x 100m. The changeover from 2nd to 3rd uses the blue 4 x 400m take over box and the runner breaks from lane as soon as they have crossed the 800m curved start line beyond the finish line. The 3rd leg runner takes the baton around to the 600m start and passes on the baton to the last leg runner using the 4 x 100m take over box.

The 2nd medley relay for all other age groups will comprise 200m, 200m, 400m, 800m. The 1st leg runners will use adjusted 400m starts, running in lanes. The 1st change over after 200m uses the 4 x 100m take over boxes at the 200m start. The 2nd runner continues in lane and hands the baton on to the 3rd (400m) leg runner using the blue 4 x 400m change over box at the finish line. The runner breaks from lane at the 800m curved start line just beyond the finish line. The 4th leg runner again takes the baton in the 4 x 400m blue box.

In both medley relays, the start lines will be adjusted to ensure each team runs the same distance in total.