

# Southport Waterloo AC

## Open Medal Meeting Inc the Larry Hyland 1 Mile Races

Held under UKA Rules: Permit OUT 17/262

**Saturday 2nd September 2017**

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

(Close to M57 & M58 – visit [www.sw-ac.co.uk](http://www.sw-ac.co.uk) for directions)

**Starting at: 11.00 am Field, 12 noon Track**

Events	Max 3 for all ages other than Senior
Under 9 Girls	75m, 150m, 600m, LJ, Vortex Ball - Minimum age 7 years
Under 9 Boys	75m, 150m, 600m, LJ, Vortex Ball - Minimum age 7 years
Under 11 Girls	75m, 150m, 600m, 60m hurdles <sup>1</sup> , LJ, Vortex Ball
Under 11 Boys	75m, 150m, 600m, 60m hurdles <sup>1</sup> , LJ, Vortex Ball
Under 13 Girls	75m, 150m, 800m or 1200m, 70m hurdles <sup>1</sup> , LJ, HJ, javelin, shot, discus
Under 13 Boys	100m, 200m, 800m or 1 mile, 75m hurdles <sup>1</sup> , LJ, HJ, javelin, shot, discus
Under 15 Girls	100m, 200m, 300m, 800m or 1 Mile or 3000m, 75m hurdles, LJ, HJ, javelin, shot, discus
Under 15 Boys	100m, 200m, 400m, 800m or 1 Mile or 3000m, 80m hurdles, LJ, HJ, javelin, shot, discus
Under 17 Women	100m, 200m, 300m, 800m, 1 Mile, 3000m, 80m hurdles, LJ, HJ, javelin, shot, discus
Under 17 Men	100m, 200m, 400m, 800m, 1 Mile, 3000m, 100m hurdles, LJ, HJ, javelin, shot, discus
Senior Women	100m, 200m, 400m, 800m, 1 Mile, 3000m, 100m hurdles, LJ, HJ, javelin, shot, discus
Senior Men	100m, 200m, 400m, 800m, 1 Mile, 3000m, 110m hurdles, LJ, HJ, javelin, shot, discus

<sup>1</sup> Only available to those who have trained over hurdles

**Races** are straight finals or run as time trials. **Medals** will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in each event. £20 **prizes** for best performance per age groups Under 13 to Senior based on AAA Graded Standards. (Applies to pre-entries only).

**Postal entries** £3 per individual event, £8 for three, numbers to be collected on the day. Check on web site [www.sw-ac.co.uk](http://www.sw-ac.co.uk) for provisional timetable from 20<sup>th</sup> August.

**Entries on the day** £5 per individual event.

**Entries should be sent to:**

Ron Scott, 23 Stanley Avenue, Birkdale, Southport PR8 4RU tel: 01704 566995 email: [RonCoScott@aol.com](mailto:RonCoScott@aol.com)

**Closing date** for postal entries is Wednesday 31<sup>st</sup> August. **Cheques** payable to Southport Waterloo AC



### ENTRY FORM

Name ..... Age Group\* ..... Club ..... Total cost ...£.....

Address ..... Male / Female ..... Email .....

..... England Athletics URN<sup>+</sup> (U13 and above) .....

..... \* Age Group for young athletes is based on age at midnight on 31<sup>st</sup> August 2017.

+ No England Athletics number means you are not licensed to compete.

Event 1..... Event 2..... Event 3.....

I accept that the organizers will not be liable for any injuries as a result of competing and will not be liable for any loss of or damage to property.

Name ..... Signed ..... Date .....

(Athletes under 16 must have the form signed by a parent or carer)