

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 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 ¹ , LJ, Vortex Ball
Under 11 Boys	75m, 150m, 600m, 60m hurdles ¹ , LJ, Vortex Ball
Under 13 Girls	75m, 150m, 800m or 1200m, 70m hurdles ¹ , LJ, HJ, javelin, shot, discus
Under 13 Boys	100m, 200m, 800m or 1 mile, 75m hurdles ¹ , 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

¹ Only available to those who have trained over hurdles

Races are straight finals or run as time trials. **Medals** will be awarded to 1st, 2nd & 3rd 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 for provisional timetable from 20th August.

Entries on the day £5 per individual event.

Entries with payment should be sent to:

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

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



ENTRY FORM

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

Address Male / Female Email

..... Athletics URN⁺ (U13 and above)

..... * Age Group for young athletes is based on age at midnight on 31st August 2017.

⁺ England, Scotland, Wales or N. Ireland registration number.

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)

Southport Waterloo Open T&F Meeting 2017

Provisional Order of Events

Track*

12.00	3000m	U15 and above, all together
12.15	60m, 70m & 75m hurdles	U11s; U13G; U15G, U13B
12.30	600m / 800m alt with	U9G, U9B, U11G, U11B; Snrs, U17M, U15B, U13B, U17W, U15G, U13G
	80m, 100m & 110m hurdles	U17W, U15B, U17M, Snrs.
13.20	75m / 100m	U9G, U9B, U11G, U11B, U13G; Snrs, U17M, U15B, U13B, U17W, U15G
14.10	300m / 400m	U17W, U15G: SW, SM, U17M, U15B
14.40	1200m / 1 Mile	U13G do 1200m; One or two mixed Mile races.
15.10	150m / 200m	U9G, U9B, U11G, U11B, U13G; Snrs, U17M, U15B, U13B, U17W, U15G
16.00	4x100m / 4x400m Relays	If required

Field*

11.00	Long Jump	Pit 1 (Finish line)	Snr & U17W; U15G; U9B; U9G – Break – U11B; U11G; U13G, U13B
		Pit 2 (100m start)	Snr & U17M; U15B
11.00	Discus		Snr & U17M; U15 & U13B; Snr & U17W; U13G; U15G
11.00	Vortex Ball	In Shot Put area	All U9s, U11s together
12.00	High Jump		Snrs & U17M&W; U15G, U15B, U13G, U13B
13.00	Javelin (after Discus)		Snr & U17M; U15B; U13B; U13G: U15G; U17 & SnrW
13.00	Shot		Snr & U17W; U15G; U13G; U13B; U15B; U17 & SnrM

*" Not before" times, subject to change depending on numbers. These are NOT programmed times.

All times are for guidance only as events may be delayed due to the number of participants. Field event times are dependent on a field judging team becoming available so please don't regard these times as fixed. This is an open meeting with entries taken on the day so it is often difficult to predict how long an event will last or when the next one will start.

Track:

If there are too many competitors for a single race, heats will be run. These will be treated as time trials with the winners decided on times.

Field:

Vets, IPCC and Under 20 throwing weights lighter than for Seniors will *not* qualify for a medal. For discus, shot, javelin and long jump there will be 3 trials with a further 2 if a standard is met. There will be no standard for Under 9s and Under 11s but the top 3 will be allowed a further trial if wanted.

Standards for 2 more trials:

	U13G	U13B	U15G	U15B	U17W	U17M	SW	SM
Shot	6.55	7.05	7.95	10.10	9.15	10.70	8.00	9.00
Discus	15.20	15.90	19.70	25.50	23.50	27.95	25.00	25.00
Javelin	15.20	21.30	22.50	32.60	28.40	38.85	25.00	35.00
Long Jump	3.95	4.15	4.48	5.00	4.75	5.60	4.00	5.50

For high jump, the opening height will be 1m 00 for Under 13s, 1m 10 for Under 15 and 1m 20 for Under 17s and Seniors; incrementing by 5cms until 2 left, then by 3cms or by agreement with remaining jumpers. Vets to use Senior opening heights. No Jump off.