

Southport Waterloo AC

Open T&F Medal Meeting

Inc the Larry Hyland 1 Mile Races

Held under UKA Rules: UKA Licence: OUT 19/266

Saturday 31st August 2019

@ 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

Under 9 Girls	75m, 150m, 600m, LJ, Vortex Ball - <i>Minimum age 7 years</i>
Under 9 Boys	75m, 150m, 600m, LJ, Vortex Ball - <i>Minimum age 7 years</i>
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	100m, 200m, 800m or 1 mile, 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, 300m, 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

Max 3 events for all ages other than Senior

¹ Only available to those who have trained over hurdles

(If time permits, there will be an opportunity for 4 x 100m relays at the end of the meeting. No entry needed and no medals.)

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 Under 17 based on AAA Graded Standards. (Applies to pre-event entries only).

On-line and Postal entries £4 for first event, £3 thereafter, provided payment made pre-entry. Numbers to be collected on the day. See web site www.sw-ac.co.uk for **On-line entry** and a provisional timetable from 25th August.

Entries on the day £5 per individual event. **No Field entries on the day.**

Postal 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 28th August. **Cheques** payable to Southport Waterloo AC



ENTRY FORM

Name Age Group* Club **Total cost** £.....
(£4 first event, £3 thereafter)

Address Male / Female Email

..... Athletes URN⁺ (U13 and above)

..... * Age Group for young athletes is based on age at midnight on 31st August 2019.

+ 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. I agree that organizers may publish my Personal Information as part of the results of this meeting and may pass such information to the governing body or any affiliated organization for the purpose of insurance, licences or for publishing results either for the meeting alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, event performances, and age category.

Name Signed Date

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