

Southport Waterloo AC

Litherland Open Medal Meeting Inc the Larry Hyland 1 Mile Races

Held under UKA Rules on

Saturday 4th September 2010

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

(Close to M57 & M58 – visit www.sw-ac.co.uk for directions)

starting at: 11.30 am Field, 12 noon Track

Events	<i>Max 3, or 4 if inc a relay). Max for Under 20 is 5; no limit for seniors</i>
Under 9 Girls	75m, 150m, 600m, LJ, Vortex Ball
Under 9 Boys	75m, 150m, 600m, LJ, Vortex Ball
Under 11 Girls	75m, 150m, 600m, LJ, Vortex Ball
Under 11 Boys	75m, 150m, 600m, LJ, Vortex Ball
Under 13 Girls	75m, 150m, 800m or 1200m, LJ, HJ, javelin, shot, discus
Under 13 Boys	100m, 200m, 800m or 1 Mile, LJ, HJ, javelin, shot, discus
Under 15 Girls	100m, 200m, 300m, 800m or 1 Mile or 3000m, LJ, HJ, javelin, shot, discus
Under 15 Boys	100m, 200m, 400m, 800m or 1 Mile or 3000m, LJ, HJ, javelin, shot, discus
Under 17 Women	100m, 200m, 400m, 800m, 1 Mile, 3000m, LJ, HJ, javelin, shot, discus
Under 17 Men	100m, 200m, 400m, 800m, 1 Mile, 3000m, LJ, HJ, javelin, shot, discus
Jnr / Snr Women	100m, 200m, 400m, 800m, 1 Mile, 3000m, LJ, HJ, javelin, shot, discus
Jnr / Snr Men	100m, 200m, 400m, 800m, 1 Mile, 3000m, LJ, HJ, javelin, shot, discus

+ Short sprint hurdle races will be held at the start of the meeting for Under 13s and above, subject to pre-entries.

+ Relays will be available after the other track events and are FREE to enter. 4 x 100, 4 x 3/400.

Races are straight finals or run as time trials. **Medals** will be awarded to 1st, 2nd & 3rd in each event, *except relays*.

Postal entries £2 per individual event, numbers to be collected on the day. See web site www.sw-ac.co.uk for provisional timetable from 2nd September.

Entries on the day £2.50 per individual event.

Entries 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 1st September '10. **Cheques** should be payable to Southport Waterloo AC



ENTRY FORM

Name Age Group Club Tot cost ...£.....

Address Male / Female

.....

.....

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

I accept that the organisers 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)

Litherland Open T&F Meeting 2010

Provisional Timetable and Order of Events

12.00	sprint hurdles	11.30	Discus	All throwers
12.30	600m / 800m	12.00	long jump	Jnr/Snr men and women
13.00	75m / 100m			followed by girls, followed by
13.30	300m / 400m			boys.
13.40	3000m		Javelin	All throwers.
14.15	150m / 200m	13.15	High Jump	All high jumpers
14.50	1200m / 1 mile	14.00	Vortex Ball	All throwers
15.15	4 x 100m / 4 x 400m		Shot	All throwers

Females will precede males in all track events, starting with seniors.