

Liverpool Throws and Jumps Competition

The Original Throws & Jumps started 2004

at Liverpool Harriers A.C @ Wavertree Athletics Centre Liverpool

End of Season competition Sept 18th 2010

www.liverpoolharriers.co.uk or <http://www.hammercicle.co.uk/> or www.noaaa-athletics.org.uk

Plaques will be awarded U15 & U17 attaining Grade 1 A.A.A. Standard in their event. Standards on A.A.A. site

AAA Standard Badges and (Certificates (Free) will be available on the day @ small charge for Badges will apply (towards A.A.A. fund)

MAXIMUM OF 12 COMPETITORS IN EACH AGE GROUP

Competitors meeting standards on www.liverpoolthrowsjumps.co.uk Web Site will get a further 3 throws Except u15 who will have 4 trials

Competitors will only be able to compete in one age group on the day

A Prize of **1st £25** **2nd £15** **3rd £10** for Seniors Athletes
A Prize of **1st £20** **2nd £12** **3rd £8** for under 20 Athletes

Will be awarded to U20 & Senior Male & Female athletes for the best performances on the Day Based on UK Challenge Points system

A minimum of 5 competitors in any Jumps Event will be required to hold the event
The organizers reserve the right to cancel the event if entries fall below this number
Athletes to allow 45min to collect numbers and warm-up
Events will start at 10 am prompt. Warm up area available indoor

Entry Fee, £ 6.00 one event, £9.00 for two, £12.00 for three

Postal entries closing Date Sept 14th 2010 **** Entries by e-mail up to 8pm on the 14th
No Entries on the day due to anticipated Entries

EDM will be used on all Long Throws

Start 10am Javelin,m/f sen-u20, Pole Vault all m/f, Shot All male
Events as above followed by; Triple Jump, High Jump, Hammer, Long Jump,
Discus
Approximate time table will be available on the day

Surname _____ Forename _____

Address _____ PosCode _____

Telno _____ e~Mail _____

Mobile _____ Competition Licence No _____

Club _____ D.O.B _____ AgeGroup _____ Male/Female _____

Event No 1 _____ Event No 2 _____ Event No 3 _____

Start Height for High jump _____ Start Height for pole Vault _____ for seeding

Cheque's Payable to Liverpool Harriers A.C.

C/O R Bomba, 69 Meadow Lane, West Derby, Liverpool, L12 5EB

e-mail ronnie@liverpoolthrowsjumps.co.uk web site www.liverpoolthrowsjumps.co.uk