

Liverpool Throws and Jumps Competition

The Original Throws & Jumps Established 2004 At Liverpool Harriers & AC
@ Wavertree Athletics' Centre

End of Season Competition 9th September 2017

Permit : Applied for

Athletes attaining standard will get a further 3 throws or jumps U15 will have 4 trials only

U13 can only compete in H/Jump - L/Jump

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

Medals for 1st 2nd and 3rd placed athletes in all events

Due to lack of entries over the last couple of competitions

POLE VAULT WONT BE AVAILABLE

CLOSING DATE Postal Entries Monday 4th September 2017

CLOSING TIME for on line entries Sunday 3rd September 2017 @ p.m. No entries after this time or date.

Forms also available from www.hammer-circle.com www.noaaa-athletics.org.uk

Start 10am Javelin Male / Female Sen- U20, Shot all Male Events as

Followed by; Triple Jump, High Jump, Hammer, Long Jump, Discus

Approximate time table will be available on the Webb site Wednesday 8th on the day times may alter

Enter Early as Not to Be Disappointed

Surname _____ Forename _____

Address _____ Post Code _____

Contact Number _____ Club _____

E-Mail _____ D.O.B _____

Male _____ Female _____ Age Group Sen U20 U17 U15 (u13 in H/J & L/J) ALL U13 will compete with u15s MF

1st Event _____ PB _____ 2nd Event _____ PB. _____ 3rd Event _____ PB. _____

Start Height for seeding ; High Jump _____

Entry Fee, £8.00 one event £10.00 For two £12.00 For three Total £ _____

Cheque's made out to Liverpool Harriers & AC

c/o Mr R Bomba, 69 Meadow Lane, West Derby, Liverpool L12 5EB

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

Cheque's with card details on back please, none attendance entry money will not be refunded

None cleared cheque's will incur bank charges

**If any companies would be interested in supporting this Competition
we would like to hear from them, support one event or anything else you
could help with**