



# TOM O'MAHONEY MEMORIAL OPEN TRACK MEETING

## LIVERPOOL HARRIERS & ATHLETIC CLUB

### Sunday 10<sup>th</sup> APRIL 2016 @ WAVERTREE



START TIME: First event 2.15 pm

enter online at

- <http://www.liverpoolharriers.co.uk/>
- <http://merseysidecountyaa.org.uk>
- or complete form below

First Name						
Surname						
Contact Phone/Mobile						
Email						
Athletics Club						
Date of Birth			EA REGISTRATION NO			
Please tick events below you wish to enter						
Event	Under 17s		Under 20s		Seniors	
	Men	Women	Men	Women	Men	Women
100m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
200m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
300m		<input type="checkbox"/>				
400m	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
800m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 Mile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3000m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
80mH		<input type="checkbox"/>				
100mH	<input type="checkbox"/>			<input type="checkbox"/>		<input type="checkbox"/>
110mH			<input type="checkbox"/>		<input type="checkbox"/>	
300mH		<input type="checkbox"/>				
400mH	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ALL FIELD EVENTS WILL TAKE PLACE AS PART OF THE JUMPS & THROWS MEETING ON SATURDAY 9 <sup>th</sup> APRIL 2016						
Details from <a href="http://www.liverpoolthrowsjumps.co.uk/">http://www.liverpoolthrowsjumps.co.uk/</a>						
<b><u>FEES (FOR ENTRIES ON THE DAY PLEASE ADD £1 EXTRA)</u></b>						
£3.00 (one event) <input type="checkbox"/>		£5.00 (2 events) <input type="checkbox"/>		£6.00 (3 events) <input type="checkbox"/>		
Cheques only, made payable to: <b><u>LIVERPOOL HARRIERS &amp; AC</u></b>						
Send to Mike Dooling, MBE, 19 Mooreway, Rainhill, Prescot, Merseyside, L35 6PD by Thursday, 7 <sup>th</sup> April 2016						