



**Liverpool Harriers & AC Evening Open Athletics Meeting
Wednesday 4th April 2018
At Wavertree Athletics Stadium**

Registration Open from 5pm.

First Track Event: 6pm Prompt

NO HEATS / FINALS (all timings after first events approximate) (Field Events 3 trials)

<u>Track Events</u>		
<i>Time</i>	<i>Event</i>	<i>Age Groups</i>
6pm	<i>Sprint Hurdles</i>	U13 Girls/U13 Boys - (yrs 6 and 7); U15 Girls/15 Boys; U17 Women/ Men; U20 Women/Men then Seniors
6.30pm	<i>600m/800m</i>	(600m) - U11/ Girls/Boys (yrs 4 and 5), (800m) - Girls/U13 Boys (yrs 6 and 7); U15 Girls/15 Boys; U17 Women/ Men; U20 Women/Men then Seniors
7pm	<i>75m/100m</i>	U11/ Girls/Boys (yrs 4 and 5) - (75m inc U13G), U13 Girls/ Boys (yrs 6 and 7); U15 Girls/ U15 Boys; U17 Women/ Men; U20 Women/Men then Seniors
7.45m	<i>1200m/1500m</i>	(1200m) U13 Girls/ (1500m) U13 Boys; (yrs 6 and 7), U15 Girls/15 Boys; U17 Women/ Men; U20 Women/Men then Seniors
8.15pm	<i>150m/200m</i>	U11/ Girls/Boys - (yrs 4 and 5) - (150m inc U13G), U13 Girls/Boys (yrs 6 and 7); U15 Girls/Boys; U17 Women/ Men, U20 Women/Men then Seniors
<u>Field Events</u>		
6pm	<i>High Jump (one pool)</i>	U13 Girls/Boys - (yrs 6 and 7); U15 Girls/ Boys
6pm	<i>Long Jump</i>	U11/ Girls/Boys (yrs 4 and 5), U13 Girls/Boys (yrs 6 and 7)
6pm	<i>Shot Putt</i>	U13 Girls/Boys - (yrs 6 and 7); U15 Girls/ Boys (except U11's)
7.30pm	<i>Long Jump</i>	U15 Girls/ Boys, U17 Women/ Men,
7.30pm	<i>Soft Javelin</i>	U11/ Girls/Boys (yrs 4 and 5)
7.30pm	<i>High Jump (one pool)</i>	U17 Women/ Men;
8pm	<i>Javelin</i>	U13 Girls/U13 Boys (yrs 6 and 7); U15 Girls/15 Boys;

CLOSING DATE FOR ENTRIES: Wednesday 28th March 2018

Entry Fee: £3.00 / Event (Entries on the day £4.00 / Event)

Name:M/F..... Club:

Address

Telephone Number(s) Email Address:

U11G/B U13 G/B U15G/B U17 Women/Man Sen Man/Sen Woman

Events entered: 1) 2) 3)

I enclose cash / cheque / Postal order value: (Payable to 'Liverpool Harriers & AC')

Signature:

Entries to: Mr M Dooling MBE, 19 Mooreway, Rainhill, Prescot, Merseyside, L35 6PD

Email: mcsaa.mike@gmail.com,

Numbers to be collected on day – not given out in advance. Early Registration