



**TOM O'MAHONEY MEMORIAL OPEN TRACK MEETING
LIVERPOOL HARRIERS & ATHLETIC CLUB
Sunday 5th APRIL 2020 @ WAVERTREE**



START TIME: First event 2.15 pm

complete form below AND EMAIL to mcsaa.mike@gmail.com ... PAY ON THE DAY

EMAIL BEFORE 2nd APRIL 2020

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 18 th APRIL 2020						
Details from http://www.liverpoolthrowsjumps.co.uk/						
FEES (FOR ENTRIES ON THE DAY PLEASE ADD £1 EXTRA)						
£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: LIVERPOOL HARRIERS & AC						
Send to Mike Dooling, MBE, 19 Mooreway, Rainhill, Prescot, Merseyside, L35 6PD by Thursday, 2 nd April 2020						