

Border Harriers & Athletic Club

Present their Annual

TRACK AND FIELD OPEN MEETINGS 2014

At the Sheepmount Stadium Carlisle - Held Under UKA Rules

1) Sunday 13th April

2) Sunday 10th August 2014

STARTING AT 12 NOON PROMPT

AAA STANDARD CERTIFICATES AND BADGES AVAILABLE

Entries are welcomed from ALL athletes including those who are physically disabled or who have severe learning difficulties

| Entry Form | | Senior Men | U17 Men | U15 Boy | U13 Boy | U11 Boy | U9 Boy | Senior Women | U17 Women | U15 Girl | U13 Girl | U11 Girl | U9 Girl |
|--|--------------|------------|---------|---------|---------|---------|--------|--------------|-----------|----------|----------|----------|---------|
| O R D E R O F E V N T S | Javelin | ✓ | ✓ | ✓ | ✓ | | | | | | | | |
| | High Jump | | | | | | | ✓ | ✓ | ✓ | ✓ | | |
| | High Jump | ✓ | ✓ | ✓ | ✓ | | | | | | | | |
| | Discus | ✓ | ✓ | ✓ | ✓ | | | | | | | | |
| | Long Jump | | | | | | | ✓ | ✓ | ✓ | | | |
| | Long Jump | | | | ✓ | ✓ | | | | | | | |
| | Discus | | | | | | | ✓ | ✓ | ✓ | ✓ | | |
| | Cricket Ball | | | | | ✓ | ✓ | | | | | ✓ | ✓ |
| | Long Jump | | | | | | | | | | ✓ | ✓ | |
| | Stand L Jump | | | | | | | ✓ | | | | | |
| | Hammer | ✓ | ✓ | ✓ | | | | ✓ | ✓ | | | | |
| | Shot | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | | |
| | Javelin | | | | | | | ✓ | ✓ | ✓ | ✓ | | |
| Long Jump | ✓ | ✓ | ✓ | | | | | | | | | | |

| | | | | | | | | | | | | | | |
|--|------------------------|---------|---------|---------|---------|--------|--------------|-----------|----------|----------|----------|---------|---|--|
| O R D E R O F E V N T S | 400 M Hurdles | ✓ | ✓ | | | | | ✓ | ✓ | | | | | |
| | 100 Metres | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | | | |
| | 80 Metres | | | | | ✓ | | | | | | ✓ | | |
| | 60 Metres | | | | | | ✓ | | | | | | ✓ | |
| | 1200 Metres | | | | | | | | | | ✓ | | | |
| | 1500 Metres | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | | | | |
| | 15 MINUTE BREAK | | | | | | | | | | | | | |
| | 110 M Hurdles | ✓ | | | | | | | ✓ | | | | | |
| | 100 M Hurdles | | ✓ | | | | | | ✓ | | | | | |
| | 70 M Hurdles | | | | | | | | | | | ✓ | | |
| | 75 M Hurdles | | | | ✓ | | | | | | ✓ | | | |
| | 80 M Hurdles | | | ✓ | | | | | | ✓ | | | | |
| | 400 Metres | ✓ | ✓ | | | | | | ✓ | | | | | |
| 300 Metres | | | ✓ | | | | | | ✓ | | | | | |
| 150 Metres | | | | | ✓ | | | | | | ✓ | ✓ | | |
| 200 Metres | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | | | | |
| 800 Metres | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | ✓ | | | |
| 600 Metres | | | | | ✓ | | | | | | | ✓ | | |
| | Senior Men | U17 Men | U15 Boy | U13 Boy | U11 Boy | U9 Boy | Senior Women | U17 Women | U15 Girl | U13 Girl | U11 Girl | U9 Girl | | |

Entries are welcomed from ALL athletes including those who are physically disabled or who have severe learning difficulties

Border Harriers and Athletic Club

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| BIB NO |
| |

**TRACK AND FIELD OPEN MEETINGS
AT THE SHEEPMOUNT STADIUM CARLISLE
Held Under UKA Rules**

Sunday 13th April 2014

**STARTING AT 12 NOON PROMPT
AAA STANDARD CERTIFICATES AND BADGES AVAILABLE**

Entry Form for SUNDAY 13th APRIL 2014

**Under UK:A Rules U13s & U15s & U17s can only compete in a maximum of 4 events (3 plus relay)
Under 13s and Under 15s are not allowed to run in more than one event between 600m and 3000m inclusive**

Full Name

Address

..... Post Code

E Mail address

My age category is *MALE *FEMALE

Date of Birth Age as at 31st August / 1st September 2014

Club

Events Entered including Age Category

1. 2.

3. 4.

5. 6.

Signature Date

Counter Signature of parent/guardian if under 16yrs

Please forward entry and fees to BHOM, 92 Blencathra Street, Keswick. Cumbria CA12 4HY

Entry Fees

**Individuals Events £2.00 per event and subsequent events £1.50
Paid up members of Borders Harriers - £1 per event**

Fee Enclosed £ Please make cheques payable to Border Harriers.

Entries on Day

**Entries on the day accepted at £4 for first event and £3.00 for each additional event
Please note entries will not be accepted after 11.50am**

**Ages are as at midnight August 31st / 1st September 2014. If you require travel directions to the
Sheepmount please view borderharriers.co.uk or send a S.A.E. with your entries.**

**Numbers will be issued on the day and entries will not be acknowledged
Closing Date for Postal Entries – 7 days before date of meeting**