

NORTH WALES INDOOR CHAMPS

SUNDAY 15TH JANUARY 2012

NORTH WALES INDOOR CENTRE DEESIDE COLLEGE.

Events: 60metres,60hurdles,shot,longjump,triplejump,highjump,polevault for ages VM,SM,VW,SW,U20M,U20W,U17M,U17W.

Events 60metres,60hurdles,shot,longjump highjump,polevault for ages U15G,U15B.

Events 60metres,60hurdles,shot,longjump highjump,pole vault U13B,U13G

Events 60metres,Standing longjump,Sitting throw U11B,U11G

Disability entries

Eligibility.Birth,Parentage or 9months residency.

Age at 1st September2012.

ENTRY FEE £3.00 per event all ages.

Cheques made payable to NWRAC.....

TIMETABLE

11.00AM

High Jump U13G,U15G,U15B,U13B

ShotU13G,U15G,U13B,U15B

Triple JumpU17W,U17M,SNR

11.15AM

Long Jump,U15B,U15G

11.45A.M

U11 SITTING THROW

SHOT SW,U20WU20M,SM,U17W,U17M,VM

12.00

Standing Long Jump U11B,U11G

High JumpU17W,SW,U20W,SM,VM.U20M,U17M

12.15PM

Long Jump U13B,U13G

1.15PM

Long JumpU17M,U17W,SM,VM,SW,U20M,U20W

1.30PM

Pole Vault All ages

1.40pm

60M Hurdle Heats if required

2.00pm

60MHurdles Finals

SM,U20M,SW,U20W,U17M,U17W,U15M,U15W,U13B,U13G

2.30PM

60MHEATS IF REQUIRED

2.50PM

60MFINALS

U11B,U11G,U13B,U13B,U15G,U15B,U17W,U17M,U20M,U20W,SM,SW

These times are approximate and could be changed on the day.

Entry on the day,please ensure you arrive on time to register.