

North Wales Outdoor Track & Field Championships 2016

Junior, Senior, Master

Saturday 14th May – Queensway Stadium, Wrexham LL13 8UH

UKA LICENCED EVENT, UNDER UKA RULES

Permit NORTH R.A.C.TF-05

AGE GROUPS FOR 2016

	Must be born on or between	School Years	Maximum Events
U11 athletes	01/09/2005 - 31/08/2007	School year 4 & 5	3 in one competitive day
U13 athletes	01/09/2003 - 31/08/2005	School year 6 & 7	3 in one competitive day
U15 athletes	01/09/2001 - 31/08/2003	School year 8 & 9	3 in one competitive day
U17 athletes	01/09/1999 - 31/08/2001	School year 10 & 11	3 in one competitive day
U20 athletes	01/01/1997 - 31/08/1999	School year 12 & 13	5 in one competitive day
Senior athletes	must be at least 20 on 31/12/1996		Unlimited
Masters	AGE ON DAY		Unlimited

NORTH WALES ELIGIBILITY – All competitors must have at least one of the following qualifications

- (A) **Birth** The athlete having been born in **North Wales**
- (B) **Residence** A minimum of 9 months continuous residence in **North Wales** immediately prior to the event to be competed in.
NB: No guests allowed.

CLOSING DATE 7TH MAY 2016 (**No entries on the day**) (**No late entries accepted**)

CLOTHING In all events competitors must wear a vest of their first claim club, County, Regional, National or School.

EQUIPMENT If using your own throwing equipment it needs weighing and checking before competition.
Own blocks can be used.

INFORMATION **This event is PRE ENTRY ONLY.**
There will be no entry on the day and any entries received after the closing date will be returned.
Final timetable will be on the Welsh Athletics website before the event.
Numbers will be sent out if you enclose a stamped addressed envelope otherwise they must be picked up on the day.

ENTRY FEES

ALL AGE GROUPS £4.00 per event

Payment by cheques **Please make cheques payable to NWRAC**

Postal Entries **Post Entries to**

D. Edwards, Bryn Awelon, Llangollen Road, Trevor, Llangollen LL20 7TN

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Events Available to Age Groups

PLEASE COMPLETE THIS ENTRY FORM TO ENTER THE CHAMPIONSHIPS

BY TICKING (☐) THE BOXES BELOW FOR THE EVENTS TO BE ENTERED

	7 5 m	1 0 0 m	1 5 0 m	2 0 0 m	3 0 0 m	4 0 0 m	6 0 0 m	8 0 0 m	1 5 0 0 m	3 0 0 0 m	Sprint Hur dles	3/4 00 mH	Ste epl e Cha se	Long Jump	High Jump	Triple Jump	Pole Vault	Shot Put	Di sc us	Ja ve li n	H a m m er	
U11G																						
U11B																						
U13G											70											
U13B											75											
U15G											75											
U15B											80											
U17W											80	300	1500									
U17M											100	400	1500									
U20W											100	400	3000									
U20M											110	400	3000									
SENW											100	400	3000									
SENM											110	400	3000									
MWOM											100	400	3000									
MMEN											110	400	3000									

Under 13's & 15's cannot compete in 800m and 1500m on the same day.

Under 13's & U15's cannot compete in more than three events. Cheques made payable to N.W.R.A.C

PLEASE RETURN ENTRY FORM, PAYMENT AND STAMPED ADDRESSED ENVELOPE TO:

Dave Edwards, Bryn Awelon, Llangollen Road, Trevor, Llangollen LL20 7TN

CLOSING DATE 7TH MAY 2016 (No entries on the day)

ATHLETE INFO		BIRTH INFORMATION			
Registration Number*		Date of Birth*			
First Name*		Gender*		Male or Female	
Surname*		Age Group	U11	U13	U15
Club*		U17	U20	SEN	MASTER
Coach					
Eligibility*		A: Birth B: Residency			
ADDRESS INFO		CONTACT INFORMATION			
Address*		Phone Number Day*			
Address*		Phone Number Mob*			
Address*		Email Address			
Town*					
County					
Post Code*					

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