

DEESIDE AAC

SPRING OPEN MEETING

ON SUNDAY 15 APRIL 2018 AT 11.00 AM.

@ Deeside Stadium, Connah's Quay
Welsh Athletics Permit. UKA Rules Apply.

TRACK EVENTS.

Sprint Hurdles	U13 to Seniors
300m	U15B/U17L
400m	U17m to Seniors
1 Mile	U13 to Seniors
75m	U11 Girls/Boys
100m	U13 to Seniors
600m	U11 Girls/Boys
800m	U13 to Seniors
150m	U11 Girls/Boys
200m	U13 to Seniors

FIELD EVENTS

Discus	U13 to Seniors
Javelin	U13 to Seniors
Shot Put	U11 to Seniors
Long Jump	U11 to Seniors
High Jump	U13 to U 17 (starting height 1.10m)

Special Disability Events:- 100M, Shot Put
(Masters may Compete in Senior Events)

Masters may throw with their correct weight implements)

ENTRY FEES:- £4.00 PER EVENT. **NO LATE ENTRIES**

MEDALS AWARDED TO 1st, 2nd, and 3rd PLACES

CLOSING DATE:- MONDAY 9 APRIL 2018.

ENTRIES TO BERNARD HARRIS, 11, PANT-Y-FAWNOG DRIVE, BUCKLEY
CH7 2PD

E.MAIL tharris055@btinternet.com

NAME..... AGE GROUP..... D.O.B.....

CLUB SCHOOL..... E.MAIL.....

ADDRESS.....

CONTACT TEL. NO.....

EVENT 1..... EVENT 2..... EVENT 3.....

I enclose a cheque for £..... Make payable to DEESIDE AAC

Signed..... Date.....

REGISTRATION FROM 9.45 AM AND TO COLLECT NUMBERS

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