



# Shildon Running & Athletic Club

Stadium 2000, Middridge Lane, Shildon, Co. Durham, DL4 2EP

[www.shildonrunning.co.uk](http://www.shildonrunning.co.uk)

## The Anne Marie Readshaw Memorial Open Track & Field Meeting

Sunday April 17th 2016

First Event 11.00 a.m.

### Age Group & Events

U11 Girls	60m	150m	400m	600m		Standing Long Jump		Howler Throw
U11 Boys	60m	150m	400m	600m		Standing Long Jump		Howler Throw
U13 Girls	100m	200m	400m	800m		Long Jump	High Jump	Shot Putt
U13 Boys	100m	200m	400m	800m		Long Jump	High Jump	Shot Putt
U15 Girls	100m	200m	400m	800m		Long Jump	High Jump	Shot Putt
U15 Boys	100m	200m	400m	800m	3000m	Long Jump	High Jump	Shot Putt
U17 Boys	100m	200m	400m	800m	3000m	Long Jump	High Jump	Shot Putt
U17 Girls / Sen Ladies	100m	200m	400m	800m	3000m	Long Jump	High Jump	Shot Putt
Sen Men	100m	200m	400m	800m	3000m	Long Jump	High Jump	Shot Putt

### Disability Age Groups & Events

U11 Girls	60m			300m		Long Jump		Howler Throw
U11 Boys	60m			300m		Long Jump		Howler Throw
U13 Girls	60m			300m		Long Jump	High Jump	Shot Putt
U13 Boys	60m			300m		Long Jump	High Jump	Shot Putt
U15 Girls	60m			300m		Long Jump	High Jump	Shot Putt
U15 Boys	60m			300m		Long Jump	High Jump	Shot Putt
U17 Boys	60m			300m		Long Jump	High Jump	Shot Putt
U17 Girls / Sen Ladies	60m			300m		Long Jump	High Jump	Shot Putt
Sen Men	60m			300m		Long Jump	High Jump	Shot Putt

The 3000m races will be run as male / female mixed age groups. Short sprint events will consist of heats and final where necessary.

Other events may be combined where necessary.

All events will be graded with mementos awarded to the first three overall in each age group

Entry Fee: £3.00 per event

In Association with



Closing Date for entries : Monday 4th April 2016

In Association with



Please do not send cash through the post with entries.

**PLEASE NOTE: It is the athletes responsibility, (assisted by parents and/ or team mangers) to be aware that if there are two events clashing, to be at the right place at the right time. Track does have precedence over field.**



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You **MUST** complete **ALL** sections of this form **CLEARLY** in **BLOCK CAPITALS**. Please **TICK** all boxes where required.

Name .....

Address .....

.....

.....

Post Code ..... Tel. ....

Email .....

It is vital you include your email address as it will be used to confirm receipt of your entry and provide you with further information about the event

Club ..... Date of Birth .....

U11  U13  U15  U17  SEN  DISABILITY ATHLETE  
MALE  FEMALE  YES  NO

**\* PLEASE LIST THE EVENTS IN WHICH YOU WOULD LIKE TO COMPETE \***

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All age groups up to and including U17—Maximum of 3 events as per rule 107 in the UKA Rules for Competition

Entry Fee : £3 per event

I declare I am an amateur as defined by UK Athletics Rules for Competition — Signature ..... Date .....

Age Groups: Athletes are classed as U11 if they are 10 or less **On the Date** of competition (Min. 8 Years of age).

All other age groups are as at 31st August 2016

Make all cheques payable to Shildon R & AC and send with entry form to:

**Competition Secretary, 14 Station Street, Shildon, Co. Durham, DL4 1PD**

Closing Date for entries: **Monday 4th April 2016**

In Association with



**STRICTLY NO ENTRIES ON THE DAY**

Number will be sent out before the event, if you do not receive your number by **Monday 11th April** please email: [amr.openmeeting@gmail.com](mailto:amr.openmeeting@gmail.com)

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