

**SCUNTHORPE & DISTRICT ATHLETIC CLUB  
THE WINTER WARM-UP MEETING  
SUNDAY 25 MARCH 2012 at QUIBELL PARK, DN17 1ST**

(Held under UKA Rules)

Commencing at 10:00 Field and 10:45 Track  
(Warm Up to start at 09:30 for Field Events 1 – 4)

**U11 Girls** 80m, 150m, 600m, Long Jump, Rounder's Ball  
**U13 Girls** 80m, 150m, 600m, Long Jump, Shot Putt,  
**U15 Girls** 80m, 150m, 1000m, Long Jump, Shot Putt, Hammer,  
**U17/Jun/Sen Ladies** 80m, 150m, 300m, 600m, 3000m, Long Jump, Discus, Hammer

**U11 Boys** 80m, 150m, 600m, Long Jump, Cricket Ball  
**U13 Boys** 80m, 150m, 600m, Long Jump, Shot Putt,  
**U15 Boys** 80m, 150m, 1000m, Long Jump, Shot Putt, Hammer  
**U17/Jun/Sen Men** 80m,150m, 300m, 600m, 3000m , Long Jump, Discus, Hammer

**ALL FIELD EVENTS FOUR ATTEMPTS**

Note: - All Under 17's and below can only enter 3 events, Under 20's can enter 5 events and Senior's no limit

**ENTRY FEES:** - Advance entries £3.00 for 1 event, £6 for 2 and £7 for 3. Entries on the day £4.00 per event, £8 for 2 and £10 for 3

**Note:** - Entries on the day only accepted with completed entry form and before 10.30

Please complete and return to: -  
Mr D M Harmes,  
17 Morecambe Ave, SCUNTHORPE, Nth Lincs, DN16 3JF.  
Tel 01724 278614, E-mail dmharmes@btinternet.com.  
Cheques payable to 'Scunthorpe and District Athletic Club.'

**AGES AS AT MIDNIGHT on 31<sup>st</sup> AUGUST 2012**

Time table to be placed on Club web site prior to event – www.scunthorpeathletics.com

**CLOSING DATE FOR ENTRIES 18th MARCH 2012**

**ENTRY FORM – WINTER WARM-UP MEETING**

**NAME**..... **TEL. NO**.....

**ADDRESS**.....

**CLUB**.....

**EVENTS** .....**D.O.B**.....

**AGE GROUP**.....**MALE/FEMALE**.....

**ENTRY FEE ENCLOSED**..... **E Mail**.....

**SIGNED**.....

**www.scunthorpeathletics.com for more details**