

**SPENBOROUGH & DISTRICT ATHLETIC CLUB**  
**The Ivan Stringer Memorial Medals Meeting**  
**Sunday 19<sup>th</sup> August 2018**



**At the Princess Mary Athletic Stadium, Bradford Road, Cleckheaton. WF15 6LW**

**Hammer and Pole Vault start 10.00am, other Field events 10.30am**

**Track Events start 11.30am**

Under 11 Boys	75m, 150m, 600m, Long Jump, Shot
Under 11 Girls	75m, 150m, 600m, Long Jump, Shot
Under 13 Boys	75m, 150m, 800m, Long Jump, Shot
Under 13 Girls	75m, 150m, 800m, Long Jump, Shot
Under 15 Boys	80m Hurdles, 100m, 200m, 800m, 1500m, Long Jump, High Jump, Pole Vault, Shot, Discus, Hammer
Under 15 Girls	75m Hurdles, 100m, 200m, 800m, 1500m, Long Jump, High Jump, Pole Vault, Shot, Discus, Hammer
Under 17 Men	100m, 200m, 400m, 800m, 1500m, Long Jump, Pole Vault, Javelin, Shot, Discus, Hammer
Under 17 Women	100m, 200m, 300m, 800m, 1500m, Long Jump, Pole Vault, Javelin, Shot, Discus, Hammer
Junior Men	100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Pole Vault, Javelin, Shot, Discus, Hammer
Senior Men	100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Pole Vault, Javelin, Shot, Discus, Hammer
Junior Women	100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Pole Vault, Javelin, Shot, Discus, Hammer
Senior Women	100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Pole Vault, Javelin, Shot, Discus, Hammer

**Field Events** – All competitors get 4 trials. Except Under 11's who will receive a maximum of 3 trials.

**Track Events** – Heats & Finals for 75m, 100m, 150m, 200m, 300m & 400m.

600m, 800m & 1500m are decided on times

The organisers reserve the right to amend the programme without notice.

Top three finalists will receive medals on the day. Masters/Veterans compete as Seniors (using Senior weights in throws)

**Lollipop race for Under 8's (50 metre sprint). - Free entry on the day.**

**Postal Entries - £4.00 per event**

**Entries on the Day - £6.00 per event**

**Cheques made payable to 'Spenborough & District AC'**

Entries on the day must be placed before 10.00 am for all events.

**Numbers to be collected on the day**

**Closing date for postal entries 10<sup>th</sup> August 2018**

UKA rules incorporating IAAF rules apply (max. 3 events U17 and below. Minimum age for entry 8 years.

Age as at 31<sup>st</sup> August/1<sup>st</sup> September in year of competition.)

Any queries contact: [www.spenac.co.uk](http://www.spenac.co.uk)

**Postal Entries to: Meeting Secretary, 4 George Street, Cleckheaton, BD19 3NA**

**PLEASE COMPLETE IN BLOCK CAPITALS**

**Name:** ..... **Male/Female (please circle)**

**Email:** ..... **Tel No:** .....

**Club:** .....

**Date of Birth:** ..... **Age Group:** .....

**Events you wish to enter:** .....