



SPENBOROUGH & DISTRICT ATHLETIC CLUB
The Ivan Stringer Memorial Medals Meeting
Saturday 21st September 2019

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

All Events, Track & Field start 10.30am

Under 11 Girls	75m,	150m,	600m,	Long Jump,	Shot
Under 11 Boys	75m,	150m,	600m,	Long Jump,	Shot
Under 13 Girls	75m,	150m,	600m, 1200m,	Long Jump, High Jump, Discus, Javelin,	Shot
Under 13 Boys	100m,	200m,	800m, 1500m,	Long Jump, High Jump, Discus, Javelin,	Shot
Under 15 Girls	100m,	200m, 300m,	800m, 1500m,	Long Jump, High Jump, Discus, Javelin,	Shot
Under 15 Boys	100m,	200m, 300m,	800m, 1500m,	Long Jump, High Jump, Discus, Javelin,	Shot
Under 17 Women	300m Hurdles, 100m,	200m, 300m,	800m, 1500m,	Long Jump, High Jump, Discus, Javelin,	Shot
Under 17 Men	400m Hurdles, 100m,	200m, 400m,	800m, 1500m,	Long Jump, High Jump, Discus, Javelin,	Shot
Junior Women	400m Hurdles, 100m,	200m, 400m,	800m, 1500m,	Long Jump, High Jump, Discus, Javelin,	Shot
Senior Women	400m Hurdles, 100m,	200m, 400m,	800m, 1500m,	Long Jump, High Jump, Discus, Javelin,	Shot
Junior Men	400m Hurdles, 100m,	200m, 400m,	800m, 1500m,	Long Jump, High Jump, Discus, Javelin,	Shot
Senior Men	400m Hurdles, 100m,	200m, 400m,	800m, 1500m,	Long Jump, High Jump, Discus, Javelin,	Shot

Field Events – All competitors get 3 trials

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

600m, 800m, 1200m & 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

Online & Postal Entries - £5.00 first event, £3.00 per additional event

NO ENTRIES ON THE DAY

Cheques made payable to 'Spencerborough & District AC'

Numbers to be collected on the day

Closing date for entries 8th September 2019

UK Athletics rules incorporating IAAF rules apply

*All Athletes MUST be registered with UK Athletics and **require a URN License No.***

(Max. 3 events U17 and below. Max. 5 events U20. U13,U15 are not allowed to run in more than one race between 600m and 1500m on the same day. Minimum age for entry 8 years. Age as at 31st August in year of competition.)

Any queries contact: www.spenac.co.uk

Postal Entries to: Meeting Secretary, 27 Cliffe Lane, Cleckheaton, BD19 4EU

PLEASE COMPLETE IN BLOCK CAPITALS

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

Email: **Tel No:**

Club: **UK Athletics URN (required):**

Date of Birth: **Age Group:**

Events you wish to enter: