

# Sprint & Endurance Evening

Supported by  YWCA  
YORKSHIRE

Minimum Age 8 On Day Of Competition Ages As At Midnight 31<sup>st</sup> August 2016 Run Under UK Athletics Rules

***Wednesday 21<sup>st</sup> September 2016 from 18.00***

Medals or Trophies for each event and prize money for Showcase Events

***ELECTRONIC TIMING & RESULTS VIDEO WALL***

We've crafted this info pack to help you get the best out of your day, with a timetable and some details about what else will be going on. We will open the site at around 16.00 and begin accepting entries at 16.30, throughout the evening all our facilities including our tuck shop and barbecue selling burgers, sausage sandwiches and belly pork will be open.

Presentations will be held throughout the evening at the podium in front of the stand. There are trophies and prizes of £75, £50 and £25 for the first, second and third men and women in the mile event. Medals will be awarded for the first three in all other events, where they are graded it will be treated as a time trial with the prizes going to the fastest overall males and females in each age group.

We have provided an approximate timetable below, please note this may be altered at the discretion of the event management team due to the number of entrants and many other factors we cannot fully foresee. Under 20s are considered juniors and those older are considered seniors. Prior to the event day we will endeavour to keep the details available on the website up to date – please check this before you set off. On the day of the event we will notify athletes of any changes via the public address system.

Athletes wishing to enter on the day are encouraged to enter as soon as possible, but we advise pre-entering, which saves money and secures your place. For the 80m & 100m races entries will close at 17.30, however seeding will begin at 17.15 meaning that any entries after this time may find themselves in a slower heat than desired. For all other events entries will close at 18.15 with the exception of the mile, which closes at 19.00.

We ask that athletes provide their personal bests for the events they enter, for graded events this is necessary for us so we can seed the heats appropriately and for showcase events it allows us to check all athletes meet the desired standard. Athletes who do not provide a personal best will be grouped together and with the slowest entrants. If you have not competed in your chosen event before and do not have a personal best, please instead give a time achieved in training and make a note to say that this is what you have done.



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## Provisional Timetable

Time	Event	Age Groups
18.00	80m	U11G, U11B (Graded)
	100m	U13G, U13B, U15G, U15B, U17W, U17M, JW, JM, SW, SM (Graded)
19.00	1500mSC	U17W, JW, SW (1 Race)
	1500mSC	U17M, JM, SM (1 Race)
19.20	800m	U13G, U13B, U15G, U15B, U17W, U17M, JW, JM, SW, SM
	150m	U11G, U11B (Graded)
	200m	U13G, U13B, U15G, U15B, U17W, U17M, JW, JM, SW, SM (Graded)
	1500m	U15G, U15B
	1 Mile	U17W, JW, SW (1 Race)
	1 Mile	U17M, JM, SM (1 Race)

Last Entry	Event
17.30	80m, 100m
18.15	1500mSC, 800m, 150m, 200m, 1500m
19.00	1 Mile