

Sprint & Endurance Evening

Supported by 

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

Wednesday 21st September 2016 from 18.00

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

ELECTRONIC TIMING & RESULTS VIDEO WALL

U11 Boys & Girls	80m ^G , 150m ^G
U13 Boys & Girls	100m ^G , 200m ^G , 800m
U15 Boys & Girls	100m ^G , 200m ^G , 800m, 1500m
U17 Men & Women	100m ^G , 200m ^G , 800m, 1500mSC, 1 Mile ^S
J/S Men & Women	100m ^G , 200m ^G , 800m, 1500mSC, 1 Mile ^S

- G Graded event – races seeded by PB not by age or sex
S Showcase event – all ages together with prizes for best 3 males and females.
Mile entry standard: 5min 30sec for males and 6min 30sec for females.

First event £5, additional events £3, with a £2 levy if entering on the day.

Your Details *Please complete this section in BLOCK CAPITALS*

Surname _____	Forename _____
Club Name _____	Email Address _____
Date of Birth _____	England Athletics No. _____
Age Category _____	Sex (M/F) _____

Your Events & Personal Best *Please complete this section in BLOCK CAPITALS*

Event 1 _____ PB _____	Event 2 _____ PB _____
Event 3 _____ PB _____	Entry Fee £ _____

Closing date for postal entries is FRIDAY 16TH SEPTEMBER 2016.

Please send entries and payment (cheque or PO payable to Doncaster Athletic Club) to Meeting Manager, 61 Broughton Road, Bessacarr, Doncaster, DN4 7HE. Numbers to be collected on the day at any point during the competition.

I declare that I am an amateur as defined by the UK Athletics rules and agree to abide by these rules. I am medically fit and understand that I enter at my own risk and agree that the organisers shall not be liable for any accidents, injuries, loss or damage that may occur as a result of my participation in the Sprint & Endurance Evening and that should the event be cancelled for any reason I will not be eligible for a refund of my entry fee.

Signed _____ Date _____