

South Gloucestershire

Sprints medal Competition

June 7TH 2015

Yate Outdoor Sports Complex (BS37 7LB)

Entry form

Welcome to our Sprints Competition, please fill in the following details.

Please remember that this is a fun event for those children who “Love to Run”

Athletes Name.....**Age**.....**Date of Birth**.....

Boy..... / **Girl**..... (Please tick)

Email Address..... **Emergency Contact (Mobile)**

Note: Age specified for competing is “Age on the day.”

Please tick events you wish to enter

	30m	60m	75m	100m	200m	300m
U...5yrs						
6yrs						
7yrs						
8yrs						
9yrs						
10yrs						
11yrs						
12yrs						

Shaded areas are races **NOT** available to the athletes of that age

Entry fee £3.00..... (1 Event) / **£5.00**..... (2-4 Events) (Please tick)

Entry fee is payable on the day or you can pay via cheque, make cheques payable to:

Lodge Sports Coaching Ltd. Send To: **7b Lovell Avenue, Oldland Common, Bristol, BS30 9TE**

Please be aware that photos may be taken on the day. If you do not want your child to be photographed for any reason please tick here.....

Contact us: www.lodgesports.co.uk / Email: mark@lodgesports.co.uk / Mob: 07961405159

Event timetable (Approx)

Registration from 10:30am, please ensure you register at least 30 minutes before your race.

11:30am	30m Heats	6yrs - 7yrs
11:40am	300m Heats / Final	12yrs - 11yrs - 10yrs
11:55am	30m Heats / Final	under 5yrs
12:00pm	30m Final	6yrs – 7yrs
12:10pm	Medals	*****
12:20pm	60m Heats	9yrs - 8yrs
12:25pm	60m Heats	7yrs - 6yrs
12:35pm	75m Heats	12yrs - 11yrs - 10yrs - 9yrs
12:55pm	75m Heats	8yrs - 7yrs - 6yrs
13:10pm	100m Heats	12yrs - 11yrs - 10yrs
13:25pm	100m Heats	9yrs - 8yrs
13:35pm	60m Final	6yr – 7yrs
13.45pm	60m Final	8yr - 9yrs
13:55pm	75m Final	12yrs - 11yrs - 10yrs – 6yrs
14.15pm	Medals	*****
2:25pm	200m Heats	9yrs - 10yrs - 11yrs -12yrs
2:45pm	75m Final	7yrs - 8yrs – 9yrs
3:00pm	Medals	*****
3:10pm	100m Final	12yrs - 11yrs - 10yrs
3:25pm	100m Final	9yrs - 8yrs
3:35pm	200m Final	12yrs - 11yrs - 10yrs - 9yrs
3:55pm	Medals	*****

Event Times are subject to change depending of number of competitors on the day.

Athletes can have a single go at each event in their age range.

Athlete race numbers will be provided on the day.

In the event of rain the competition will continue.

Athletes in finals will be determined by finishing heat position and not times, eg: 1st Three/Four go though.