

Entry fee £5.00 covers 3 events, Closing date for Entries Wednesday September 2nd 2015

Athletes age 10 and over on the day are eligible to enter.

Email entries and Bank transfer to GraTimHow@aol.com with entry fee into a/c 00112070 Sort Code 60-10-15 using Athlete name in the transaction reference.

Postal entries with Cheque payable to Yate & District AC to :-
Bibstone Cottage, Cromhall, Wotton-under-edge, Glos GL12 8AE
Do not send recorded delivery items.

Entries will be confirmed by email on receipt of entry fee, if you don't get a response before the closing date please make contact.

Collect numbers on the day.

There are no Entries or Payments on the day.

Once entries have closed, Heats seeded and Final timetable produced, entries will not be changed.

HI-TEC Hurdles Academy Awards to the best Male and best Female Hurdles performance.

SPRINTS & HURDLES CHALLENGE

Celebrate your speed

YATE OUTDOOR SPORTS COMPLEX
SUNDAY 6th SEPTEMBER 2015

Electronic Photo-Finish timing & Wind Readings

First event 1pm

60m, 100m, 200m, 300m, 400m
70mH, 75mH, 80mH, 100mH, 110mH
300mH, 400mH

Races will be seeded on Best times

Details – Graham Howell
Email – GraTimHow@aol.com
Tel – 01454 261458

PROVISIONAL TIMETABLE
(May change depending on entries)

13:00	60m
13:45	300m Hurdles (76.2)
13:55	400m Hurdles (76.2)
	400m Hurdles (84.0)
	400m Hurdles (91.4)
14:00	100m
15:30	200m
16:50	70m Hurdles (68.5)
16:55	75mHurdles (76.2)
17:00	80m Hurdles (76.2)
17:05	80m Hurdles (84.0)
17:10	100m Hurdles (84.0)
17:15	100m Hurdles (91.4)
17:20	110m Hurdles (99.0)
17:25	110m Hurdles (106.7)
17:35	300m
17:50	400m

Athletes are not restricted to sprint hurdles events relevant to their age category and should specify the hurdle height on their entry if it is not the height standard for their age category.

SPRINTS & HURDLES CHALLENGE YATE OUTDOOR SPORTS COMPLEX SUNDAY 6th SEPTEMBER 2015

Print all details clearly

Name			
Club			
Email			
NGB Registration Number			
Telephone			

Date of Birth		Gender M/F		Age Category	
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I wish to enter the selected events below,
Heats are seeded by season best times and run slowest to fastest.

Event	Seasons best Time (2015) or estimate

I have enclosed £5 Cheque for entry Fee	
I will bank transfer £5 into a/c 00112070 Sort Code 60-10-15 Use athletes name in the transfer reference	

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