

WIGAN AND DISTRICT HARRIERS & A.C.

Wigan Spring Meeting at Robin Park Arena

Sunday 28th March 2010 – Start Field 11.00 & Track 11.30

List of Events:

Under 9 Girls	75m / 600m / LJ
Under 9 Boys	75m / 600m / LJ
Under 11 Girls	75m / 600m / LJ
Under 11 Boys	75m / 600m / LJ
Under 13 Girls	70mH / 100m / 200m / 800m OR 1200m / LJ / HJ / Shot
Under 13 Boys	75mH / 100m / 200m / 800m OR 1500m / LJ / HJ / Shot
Under 15 Girls	75mH / 100m / 200m / 300m / 800m OR 1500m / LJ / HJ / Shot / Discus / Javelin
Under 15 Boys	80mH / 100m / 200m / 400m / 800m OR 1500m OR 3000m / LJ / HJ / Shot / Discus / Javelin
Under 17 Women	80mH / 100m / 200m / 300m / 300mH / 800m / 1500m / 3000m / LJ / HJ / Shot / Discus / Javelin / Hammer
Under 17 Men	100mH / 100m / 200m / 400m / 400mH / 800m / 1500m / 3000m / LJ / HJ / Shot / Discus / Javelin / Hammer
Senior Women	100mH / 100m / 200m / 400m / 400mH / 800m / 1500m / 3000m / LJ / HJ / Shot / Discus / Javelin / Hammer
Senior Men	110mH / 100m / 200m / 400m / 400mH / 800m / 1500m / 3000m / LJ / HJ / Shot / Discus / Javelin / Hammer

Maximum number of events for all age groups except Senior is three.

Athlete age as at midnight 31st August 2010.

Postal Entry Fees: £2.50 per event (or £7.00 for three events)

Entry on the Day: £3.00 per event (or £8.00 for three events)

Closing Date for Postal Entry is Wednesday, 25th March 2009.

Cheques should be payable to "Wigan and District Harriers & A.C."

Please **DO NOT ENCLOSE** a Stamped Addressed Envelope - directions to the track and/or confirmation of entry can be found on the web site.

Additional entry forms and details available on our website: www.wiganharriers.org.uk

A spectator entrance fee of £1 will be levied by the Local Authority. Wigan Harriers has no control over this charge

PLEASE NOTE: NO MEDALS WILL BE AWARDED AT THIS AS IT IS A WARM UP MEETING INTENDED TO BE USED TO REGISTER PERFORMANCE.

Postal Entries to: Wigan Harriers, Robin Park Arena, Loire Drive, Wigan, WN5 0UH

WIGAN WARM-UP 2009 ENTRY FORM

ATHLETE NAME:

CLUB:

AGE GROUP (E.G. Under 9 Boys):

DATE OF BIRTH:

TELEPHONE NUMBER:

EVENTS:

1.
2.
3.

SIGNATURE
(PARENT OR GUARDIAN IF UNDER 16)

Please detach this slip and send it with your payment to the address given.

OUTLINE TIMETABLE Wigan Spring Meeting Sunday 28th March at Robin Park

Track	(11.30am Start)	Field	11am (Start)
300MH		Hammer	SM, SW, U17M, U17W
400MH		Long Jump	U9G, U9B, U11G, U11B
1200M	U13G	High Jump	U13G, U13B, U15G, U15B, U17W, U17M, SM, SW
1500M	SM, SW, U17M, U17W, U15B, U15G, U13B	Discus	U15G, U17W, SW
Hurdles	SM (110), SW (100), U17M (100), U15B (80), U17W (80), U13B (75), U15G (75), U13G (70)	Long Jump	U13G, U13B
	<i>(Hurdles and 1500s may be alternated)</i>	Discus	SM, U17M, U15B
100M	SM, U17M, U15B, U13B SW, U17W, U15G, U13G	Shot	SW, U17W
75M	U9B, U11B, U9G, U11G	Shot	U15G, U13B, U13G
400M	SM, SW, U17M, U15B	Shot	SM, U17M, U15B
300M	U17W, U15G	Long Jump	U15G, U15B
800M	U13G, U13B, U15G, U15B U17W, U17M, SW, SM	Long Jump	U17W, SW
600M	U9B, U11B, U9G, U11G	Long Jump	U17M, SM
3000M	All	Javelin	SW, U17W
200M	U13G, U13B, U15G, U15B, U17W, U17M, SW, SM	Javelin	SM, U17M, U15B, U15G