

OPEN MEDAL MEETING HOSTED BY GATESHEAD HARRIERS

At Gateshead International Stadium

SUNDAY 20th APRIL 2008

Registration Open from 12.00 midday.

First Track Event – 13.00 prompt

MEDALS TO FIRST THREE IN EACH INDIVIDUAL EVENT

NO TIMETABLE – EVENTS RUN IN THE FOLLOWING ORDER

- i) Hurdles U13 Girls 70m: U13 Boys 75m: U15 Girls 75m: U17 Women 80m; U15 Boys 80m ;
Under 17 men 100m, Jun/Sen Women 100m; Jun/Sen Men 110m
- ii) 100m U 13 Girls: U 13 Boys: U 15 Girls: U 15 Boys: U17 Women: U 17 Men: Jun/Sen Women Jun/Sen Men:
- iii) 800m U 13 Girls: U 13 Boys: U 15 Girls: U 15 Boys
- iv) 4 x 100m Relay – all teams to report on the day before 12.30– no entry fee, no medals, teams compete together
- v) 1500m U 17 Women: U 17 Men: Jun/Sen Women: Jun/Sen Men:
- vi) 200m U 13 Girls; U 13 Boys: U 15 Girls: U 15 Boys: U 17 Women: U17 Men: Jun/Sen Women: Jun/Sen Men:

1.00 start High Jump (one pool) – all age groups, boys/girls/men/women

1.30 start Long Jump
U 15 Boys & Girls and U 13 Boys & Girls

1.30 Start Pole Vault (one pool) - all age groups, boys/girls/men/women

2.00 start Javelin (one pool)
U 15 Girls & Boys & U 17 Women (600g) & U 17 Men (700g)

2.30 Start Shot Putt
U 13 Girls (2.72 Kg), U 13 Boys & U 15 Girls (3.25 Kg), U 15 Boys & U 17 Women (4 Kg), U 17 Men (5 Kg)

2.30 start Long Jump
U 17 Men & Women & Jun/Sen Men & Women

CLOSING DATE FOR ENTRIES SATURDAY 5TH April 2008

Entry fee: £2.50 EACH EVENT (entries on the day counting for medals £4.00 per event)

Name Club..... Registration number.....

Address

Telephone Number/s.....e.mail address.....

U13B U13G U15B U15G U17M U17W
JM JW SM SW (Juniors compete as Seniors in all events)

Events entered 1)..... 2)..... 3).....

I enclose cheque/Postal order value..... payable to ‘Gateshead Harriers & A.C.’

Signature.....

POST ENTRIES TO: ‘MEDAL MEET’ GATESHEAD INTERNATIONAL STADIUM, NEILSON ROAD, GATESHEAD, NE10 0EF (If confirmation of entry required, please enclose a stamped address envelope.)

All results will be posted on the club website at www.Gateshead-Harriers.net after the meeting.

Numbers to be collected on the day – not given out in advance. Early registration is recommended.

EA website