

OPEN GRADED ATHLETICS MEETING

Sunday 25th November 2018



AT THE INDOOR TRACK
ENGLISH INSTITUTE OF SPORT SHEFFIELD
Under UKA Rules.

OPEN GRADED EVENTS. 11-30am until 4.30pm

| | | | | |
|-------------------|-----------------------------|-------------------|---------------------------------|-----------------|
| Track events: | 60m, | 60m Hurdles, | (two rounds for both) | |
| electronic timing | 300m, | 800m, | 3,000m | |
| Field events: | Pole Vault | High Jump | Triple Jump | |
| | Long Jump, | Shot, | | |
| | PV and HJ max of 7 attempts | | LJ, TJ and Shot 3 attempts each | |
| Age groups: | Under 15, | Under 17, | Under 20's | Seniors / vets. |
| | (School Yr 8/9) | (School Yr 10/11) | | |

Athletes will be seeded into pools with mixed age group and gender based on anticipated performance.
60m seeding based on 100m pb. 300m seeding based on 200m pb.
Field event pools – athlete to circle preferred pool below. LJ pool allocated based on PB supplied.

| | | | |
|---|------------------------------|---|-------------------|
| All competitors in the 60m and 60m hurdles will have two races. | | | |
| Pole vault | Pool 1 starting height 1-50m | Pool 2 starting height 2-80m | |
| High jump | Pool 1 starting height 1-00m | Pool 2 starting height 1-50m | |
| Long jump | Pool 1 under 4-00m | Pool 2 under 5-50m | Pool 3 over 5-50m |
| Shot | Pool 1 under 10-00m | Pool 2 over 10-00m | |
| Triple jump | Pool 1 under 12-00m | Pool 2 over 12-00m | |
| No awards – only times, heights and distances. | | Electronic timing for ALL races. | |

Cost £6 per event or £10 if entering 2 events or £12 if entering 3 events

Entries on the day subject to availability. £10 per event with no discount for 2nd / 3rd events

Stadium equipment only. Own vaulting poles required. Numbers to be picked up on the day.

Entries to; NAN Indoor Athletics 6 Santon Road, Mansfield, Notts NG19 0PR.

Enclosing a cheque payable to **Nottinghamshire Athletics Network**

Full Name.....M / F
Address.....
.....Date of Birth.....
Email address.....
Name of Club / Uni / SchoolAge group.....
Signature (Parents/Carer if under 18)
Event /s entered
.....
PB for 100m 200m Long Jump
(PB's required for seeding in 60m , 300m and Long Jump)
Entry Fee enclosed £.....

Closing date for entries Wednesday 21st November 2018

The timetable will be shown on the Nottinghamshire AAA web site. www.nottsaaa.org
Check on the website to confirm entry has been received. The EIS will impose a car parking charge.