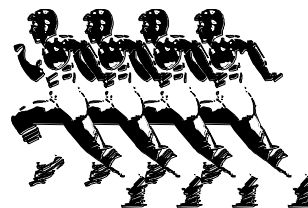


LANCASTER & MORECAMBE ATHLETIC CLUB



Lancaster & Morecambe AC Track & Field Club Championships 2017

Saturday 16th September Salt Ayre Track

AGE GROUPS BASED ON AGE AT 31st AUGUST 2017

The Championship is based on a Combined Events Format. Competitors **MUST** be fully paid up Club Members.

Entries cannot be taken on the day, Entries close Thursday 13th September or before if events are full.

Entry Fee only £7.00 to cover all events (AWARDS FOR TOP THREE IN EACH AGE GROUP) The winner in each age group will be the athlete with the **BEST SCORE OVER ANY 5 EVENTS**

ENTRY FORM To:- Jennie Hodgson – or leave at the tea counter in a sealed envelope with the entry fee included (Cheques payable to Lancaster & Morecambe AC)

NAME _____ Date of Birth _____

E-Mail _____ Phone _____

Please circle age group & upto 5 events you wish to enter

<p><u>U11G</u></p> <p>12:00 PM Hurdles 1:00 PM Cricket Ball 2:30 PM LJ 3:00 PM 75m 3:30 PM HJ 4:00 PM 600m</p>	<p><u>U11B</u></p> <p>12:00 PM Hurdles 12:30 PM LJ 1:00 PM HJ 1:30 PM Cricket Ball 3:00 PM 75m 4:00 PM 600m</p>	<p><u>U13G</u></p> <p>12:30 PM Hurdles 2:00 PM SP 2:30 PM JT 3:00 PM HJ 3:30 PM 150m 4:30 PM LJ 5:00 PM 800m</p>
<p><u>U13B</u></p> <p>12:00 PM SP 1:00 PM Hurdles 1:30 PM LJ 2:00 PM JT 4:00 PM HJ 4:30 PM 200m 5:00 PM 800m</p>	<p><u>U15G</u></p> <p>12:00 PM HJ 1:00 PM Hurdles 2:00 PM LJ 2:30 PM 300m 3:00 PM TJ 3:30 PM SP 4:00 PM JT 4:30 PM 200m 5:00 PM 800m</p>	<p><u>U15B</u></p> <p>12:30 PM JT 1:00 PM SP 1:30 PM Hurdles 2:00 PM HJ 2:30 PM 400m 3:30 PM LJ 4:00 PM TJ 4:30 PM 200m 5:00 PM 800m</p>
<p><u>U17W & above</u></p> <p>12:00 PM JT 12:30 PM HJ 1:00 PM LJ 1:30 PM Hurdles 2:30 PM 400m 3:00 PM TJ 4:00 PM SP 4:30 PM 200m 5:00 PM 800m</p>	<p><u>U17M & above</u></p> <p>12:00 PM LJ 12:30 PM SP 1:30 PM HJ 2:00 PM Hurdles 2:30 PM 400m 3:30 PM JT 4:00 PM TJ 4:30 PM 200m 5:00 PM 800m</p>	

Can you provide a helper Yes/No (please Circle)

The Club Championships are for EVERYONE

Saturday 16th September is the final opportunity of the year for you to perform in all the events you enjoy, and to experience those you have not really tried before.

Please come along, whatever your age and ability, and show us what you can, and cannot, do!

Coaches will be on hand to help if you have not tried an event before, and you just might surprise yourself!

The idea is that everyone should try and take part in FIVE events and enjoy the day competing against one another in an atmosphere of friendly rivalry. If everyone joins in, you can have fun whether you are winning or not!

The points system we use awards more points the faster you run, the further you throw and the higher or longer you jump. Your Championship Total will be your FIVE event scores added up.

* For all age groups the points will decide the Club Champion in each age group. To win a Pentathlon Award you need to enter five events in your age group. All athletes are encouraged to compete but for U13s and above in order to qualify for an award you must have represented the club this season at any track & field event. All U11s can qualify for an award.

Please come and take part. The more the merrier.

Parents, coaches and officials, please volunteer to help!

Don't forget, if you leave early you will miss the free food!