

Sunday 29th March

Event	U11	U13	U15	U17	Junior	Senior	Veteran
QuadKids	✓						
100m		✓	✓	✓	✓	✓	✓
200m							
300m/400m			✓	✓	✓	✓	✓
800m							
1500m		✓	✓	✓	✓	✓	✓
3000m							
Long Jump							
High Jump		✓	✓	✓	✓	✓	✓
Shot		✓	✓	✓	✓	✓	✓
Discus							
Javelin							
Hurdles		✓	✓	✓	✓	✓	✓

Saturday 4th April

Event	U11	U13	U15	U17	Junior	Senior	Veteran
QuadKids	✓						
100m							
200m		✓	✓	✓	✓	✓	✓
300m/400m							
800m		✓	✓	✓	✓	✓	✓
1500m							
3000m				✓	✓	✓	✓
Long Jump		✓	✓	✓	✓	✓	✓
High Jump							
Shot							
Discus			✓	✓	✓	✓	✓
Javelin		✓	✓	✓	✓	✓	✓
Hurdles		✓	✓	✓	✓	✓	✓

✓: Event available on this day

Please fill out the Entry form and tick the events you will be available to compete in, referring to the above table as necessary.

Any athlete from U13 and above can enter and come along to events on both days of the competition and have no limitations on the number of events you can enter. U9 and U11s will be taking part in the Quadkids event so must pick **ONE** day only. When entered into the Quadkids you will do all of the following events: 75m, 600m, Long Jump, and Howler Javelin.

Hurdles event each day will be Sprint Hurdles only.

Please note that only U15 girls can compete in the 300m. U15 boys and above will be competing in the 400m.

For club championship rules, each competitor must compete in at least one run, jump, and throw event to be in with a chance of winning a trophy.

The highest scoring competitor in each age group over the three events will win a trophy at next year's presentation evening. We understand you may not want to do all of these events, so we're still encouraging you to come and enjoy yourself and sharpen up for the Track and Field season.