

Lasswade Athletics Club

Track & Field Club Championships
Sunday 25th September 2011 at Meadowbank Stadium
From 10am until 4 pm

Pre-Entry Form

U11 Girls	U13 Girls	U15 Girls	U17 Women	U20/23Wom	Sen/Mast Wom
100m	100m	100m	100m	100m	100m
200m	200m	200m	200m	200m	200m
800m	800m	300m	300m	400m	400m
1500m	1500m	800m	800m	800m	800m
High Jump	70m Hurdles	1500m	1500m	1500m	1500m
Long Jump	High Jump	75m Hurdles	3000m	3000m	3000m
Shot Putt	Long Jump	Discus	80m Hurdles	100m Hurdles	100M Hurdles
	Shot Putt	High Jump	Discus	Discus	Discus
	Javelin	Long Jump	High Jump	High Jump	High Jump
	Discus	Shot Putt	Long Jump	Long Jump	Long Jump
		Javelin	Shot Putt	Shot Putt	Shot Putt
			Javelin	Javelin	Javelin

U17 to Masters Depending On entry's, The 3000m race May go as One race

U11 Boys	U13 Boys	U15 Boys	U17 Men	U20/23 Men	Sen/Mast Men
100m	100m	100m	100m	100m	100m
200m	200m	200m	200m	200m	200m
800m	800m	400m	400m	400m	400m
1500m	75m Hurdles	80m Hurdles	100m Hurdles	110mHurdles	110m Hurdles
High Jump	1500m	800m	800m	800m	800m
Long Jump	Discus	1500m	1500m	1500m	1500m
Shot Putt	High Jump	Discus	3000m	3000m	3000m
	Long Jump	High Jump	Discus	Discus	Discus
	Shot putt	Long Jump	High Jump	High Jump	High Jump
	Javelin	Shot Putt	Long Jump	Long Jump	Long Jump
		Javelin	Shot Putt	Shot Putt	Shot Putt
			Javelin	Javelin	Javelin

U17 to Masters Depending On entry's, The 3000m race May go as One race

EVENTS {Max 4 Events}	Name, Address, / Tel No	Cost £1 per event
1.		£ :00
2.		£ :00
3.		£ :00
4.	Tel. No:-	£ :00

SAL No:- _____ **Total Amount:- £ :00**

D.O.B:- _____ | Age Group:- _____

To Athlete, Print & Sign Name Please

To Parent, Print & Sign Name Please

You must do at least 1 track or 1 field event you cannot do 4 track or 4 field events		
Please Date this Form:- _____ / _____ / 2011		

IMPORTANT INFORMATION

The Closing Date For this Championships is Thursday 8th September 2011, This Championship is Pre-Entry only, please hand your Completed form and money to Dave McConnell, Margaret Benham, Linda Smith, John Brash on any of the training nights. If you are going on holiday get your form in now, do not wait until you come back it may be too late.

No entries will be accepted on the day all entries are pre-entry only. It is in your interests to do all 4 events as this will give you a better chance, This year all 4 events will count.

Again this year we will have the popular mixed Relays, which is paid on the day at £ 1 per Athlete