

# Southport Waterloo AC

## Litherland Open Medal Meeting Inc the Larry Hyland 1 Mile Races

Held under UKA Rules on

**Saturday 20<sup>th</sup> August 2011**

**@ Litherland Sports Park, Boundary Road, Liverpool L21 7LA**

(Close to M57 & M58 – visit [www.sw-ac.co.uk](http://www.sw-ac.co.uk) for directions)

**starting at: 11.30 am Field, 12 noon Track**

**Events** *Max 3, (or 4 if inc a relay). Max for Under 20 is 5; no limit for seniors*

Under 9 Girls 75m, 150m, 600m, LJ, Vortex Ball

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Under 11 Girls 75m, 150m, 600m, LJ, Vortex Ball

Under 11 Boys 75m, 150m, 600m, LJ, Vortex Ball

Under 13 Girls 75m, 150m, 800m or 1200m, LJ, HJ, javelin, shot, discus

Under 13 Boys 100m, 200m, 800m or 1 Mile, LJ, HJ, javelin, shot, discus

Under 15 Girls 100m, 200m, 300m, 800m or 1 Mile or 3000m, LJ, HJ, javelin, shot, discus

Under 15 Boys 100m, 200m, 400m, 800m or 1 Mile or 3000m, LJ, HJ, javelin, shot, discus

Under 17 Women 100m, 200m, 400m, 800m, 1 Mile, 3000m, LJ, HJ, javelin, shot, discus

Under 17 Men 100m, 200m, 400m, 800m, 1 Mile, 3000m, LJ, HJ, javelin, shot, discus

Jnr / Snr Women 100m, 200m, 400m, 800m, 1 Mile, 3000m, LJ, HJ, javelin, shot, discus

Jnr / Snr Men 100m, 200m, 400m, 800m, 1 Mile, 3000m, LJ, HJ, javelin, shot, discus

+ Short sprint hurdle races will be held at the start of the meeting for Under 13s and above, subject to pre-entries.

+ Relays will be available after the other track events and are FREE to enter. 4 x 100, 4 x 3/400.

**Races** are straight finals or run as time trials. **Medals** will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in each event, *except relays*.

**Postal entries** £3 per individual event, £8 for three, numbers to be collected on the day. Check on web site

[www.sw-ac.co.uk](http://www.sw-ac.co.uk) for provisional timetable from 17<sup>th</sup> August.

**Entries on the day** £4 per individual event.

**Entries should be sent to:**

Ron Scott, 23 Stanley Avenue, Birkdale, Southport PR8 4RU tel: 01704 566995 email: [RonCoScott@aol.com](mailto:RonCoScott@aol.com)

**Closing date** for postal entries is Wednesday 17<sup>th</sup> August. **Cheques** should be payable to Southport Waterloo AC



### ENTRY FORM

Name ..... Age Group ..... Club ..... Tot cost ...£.....

Address ..... Male / Female .....

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Event 1..... Event 2..... Event 3.....

I accept that the organisers will not be liable for any injuries as a result of competing and will not be liable for any loss of or damage to property.

Name ..... Signed ..... Date .....

(Athletes under 16 must have the form signed by a parent)