

SHEFFIELD FESTIVAL OF ATHLETICS

OPEN TRACK AND FIELD MEETING

ELECTRONIC TIMING AND PHOTO FINISH

SUNDAY 22ND APRIL 2012 - Don Valley Stadium, Sheffield

A graded track and field meeting with competitors seeded according to their declared p.b. performances, irrespective of age or gender. There are a number of events specifically for athletes with disabilities, although everyone is welcome to enter the open meeting. Minimum age limit for all track and field events is 8yrs.

Entries received after Wednesday 18th April will not appear in the programme and may NOT get graded according to p.b. Entries on the day will be allowed if the requested event is not fully subscribed.

Additional entry forms +10K and 3K fun run, plus entry and results lists can be found at www.sadg.co.uk/foa.htm

ENTER EARLY - 500 Track limit and 400 Field limit.

EARLIEST START TIMES (subject to entries) ALL TRACK EVENTS WILL BE FASTEST RUNNERS FIRST

TRACK EVENTS:

12.30pm **1500m**
1.15pm **100m**
2.45pm **800m**
4.00pm **200m**
5.00pm **400m**

DISABILITY TRACK EVENTS:

12.00pm **50m**
12.15pm **100m**
1.00pm **100m Wheelchair**
2.20pm **50m Walk**
2.30pm **200m Wheelchair**
3.45pm **200m**
4.50pm **400m Wheelchair**

FIELD EVENTS:

10.30am **Pole Vault** - Starting Height 1.7m. Elimination after 3 consecutive failures.
11.00am **Long Jump** - 4 jumps.
1.00pm **High Jump** - Progressing bars. Bed 1. 1.0m upwards, Bed 2. 1.40m upwards. Elimination after 3 consecutive failures
2.00pm **Javelin** - 6 throws
2.30pm **Shot Putt** - 6 throws

DISABILITY FIELD EVENTS:

11.30am **Throws and Shot**
1.45pm **Long Jump running**
1.50pm **Long Jump standing**
2.50pm **Softball throw standing**

SUPPORTED BY



Organised by: CITY OF SHEFFIELD AC HALLAMSHIRE HARRIERS HANDSWORTH ROADHOGS

ENTRY FORM FOR TRACK AND FIELD MEETING

Name _____ Club _____
Address _____ Registration number _____
_____ Date of birth _____
Postcode _____ Age on 22rd April 2012 _____
Telephone _____ You are Male Female
Email _____

Do you have any medical condition the organisers should be made aware of? Yes No

Please give details _____

Signature - The above details are correct and I understand the declaration _____

Payment details:

One entry per form. Additional forms and acknowledgement of entry and can be found at www.sadg.co.uk/foa.htm
Cheque's made payable to "Sheffield Festival of Athletics" with your name and address on the reverse.
Please sign the form and enclose a cheque and post to: Steve Marshall, 9 Ashbury Drive, Sheffield S8 8LE
t: 07957 423177, e: stevem@norton-one.co.uk **Include a large SAE (LG STAMP) for number and other information.**

Please tick size box for free T-shirt Small tick Med tick Large tick XL tick please fill in for all events

ENTRY FEE £5 to enter one event then £1.50 for each extra event

£5 for 1 event, £6.50 for 2 events, £8 for 3 events, £9.50 for 4 events, £11.00 for 5 events.
(U11's, U13's, U15's and U17's age groups may only enter 3 events, U20s 5 events)

Male	minimum age 8yrs	U11's <input type="checkbox"/> tick	U13's <input type="checkbox"/> tick	U15's <input type="checkbox"/> tick	U17's <input type="checkbox"/> tick	U20's <input type="checkbox"/> tick	Senior <input type="checkbox"/> tick
Female	minimum age 8yrs	U11's <input type="checkbox"/> tick	U13's <input type="checkbox"/> tick	U15's <input type="checkbox"/> tick	U17's <input type="checkbox"/> tick	U20's <input type="checkbox"/> tick	Senior <input type="checkbox"/> tick
100 metres	<input type="checkbox"/> tick pb _____	No Age Restrictions (Fastest First)					
200 metres	<input type="checkbox"/> tick pb _____	No Age Restrictions (Fastest First)					
400 metres	<input type="checkbox"/> tick pb _____	U11's boys & girls and U13's boys & girls may not compete (Fastest First)					
800 metres	<input type="checkbox"/> tick pb _____	No Age Restrictions (Fastest First)					
1500 metres	<input type="checkbox"/> tick pb _____	U11's boys & girls may not compete (Fastest First) •U13's and U15's may only compete in one of the 800m or 1500m					
Long Jump	<input type="checkbox"/> tick pb _____	No Age Restrictions					
High Jump	<input type="checkbox"/> tick pb _____	No Age Restrictions					
Shot Putt	<input type="checkbox"/> tick pb _____	No Age Restrictions					
Javelin	<input type="checkbox"/> tick pb _____	No Age Restrictions					
Pole Vault	<input type="checkbox"/> tick pb _____	U11's boys & girls and U13's boys & girls may NOT compete					



What you get for your entry fee: All events judged and timed by graded officials. Free parking and entry for spectators. Showers, changing and toilet facilities. PLUS Memento for all entrants. Photography: Accreditation to take photographs / film the event must be obtained on the day (free of charge). Athletes entering this competition are consenting to have photographs / images taken by accredited persons.