



PRESTON HARRIERS Club Championships 2017

Saturday 9th & Sunday 10th September

UCLan SPORTS ARENA

AGE GROUPS BASED ON AGE AT 31st AUGUST 2017

Athletes may take part in as many, or as few, events as they wish, BUT should have done two Pole Vault training sessions (Wednesdays from 6.30pm) if they wish to compete in that event.

Competitors **MUST** be fully paid up Club Members. Entries will be taken on the day, but please help us by letting us have your entry by Thurs 7th September.

**ENTRY FEE £6.00 for two full days of competition
(AWARDS FOR TOP THREE IN EACH AGE GROUP)**

The winner in each age group will be the athlete with the **BEST SCORE FOR FIVE EVENTS**, including at least two track and two field events.

There will be a 3k run Thursday 7th Sept at 7.30pm, as part of the championships (NOT u13's).

PARENTS WILLING TO HELP PLEASE TICK BOX ON THE ENTRY FORM

EVENTS SCHEDULE (Provisional):

10.00a.m. Start each day

SATURDAY

Track

Sprint Hurdles - not U.11's
Shuttle Run - under 11 groups
200m - all ages
300m - U.15 boys & girls, U17 girls
400m - U17 boys and all Jun, Sen, Vets.
1500m - all groups 11 and over

Field

Cricket Ball Throw - all under 11 boys
Pole Vault - all ages U15 plus, girls
High Jump - all ages boys
Long Jump - all ages girls
Standing Triple Jump - under 11 groups
Shot - all groups 11 and over
Discus - all groups 11 and over
Triple Jump - U.15 boys, U.17, Jun, Sen, Vet men
Javelin - all ages girls.

SUNDAY

Track

50m - under 11 groups
100m - all ages
300 Hurdles - U.15 boys & girls, U.17 girls
400 Hurdles - U.17 Boys, all Jun, Sen, Vets
800m - all ages
1500m S/C - U15 boys & girls, U17, Jun, Sen, Vet Ladies
2000m S/C - U.17 Jun, Sen, Vet Men

Field

Pole Vault - all ages U15 plus, boys
High Jump - all ages girls
Long Jump - all ages boys
Triple Jump - U.15 girls, U.17, Jun, Sen, Vet ladies
Vertical Jump - under 11 groups
Hammer - U.13, U.15, U.17, Jun, Sen, Vets
Cricket Ball Throw - all under 11 girls
Javelin - all ages boys

ENTRY FORM To: - Pete Hancock, 41 Hollins Grove, Preston PR2 3TT (01772 729827)
(Cheques payable to Preston Harriers)

NAME _____ Date of Birth _____

Address _____ Phone _____

AGE GROUP (tick box)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
U.9	U.10	U.11	U.13	U.15	U.17	Jnr	Sen	Vet	Male	Female	Yes	

SEX

HELPER

The Club Championships are for EVERYONE

The weekend of 9th and 10th 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 take part in as many events as possible over the two days, and enjoy a weekend 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 best two track scores, your best two field scores and your next best score.

For all the under 15 age groups, these points will also count towards certificates to be awarded at the annual presentation disco, as well as to decide the Club Champion in each age group. (Winners will be announced at the disco.)

To win a Pentathlon or Decathlon Award you need to have done five or ten events respectively, which must include a run, a jump and a throw at ANY TIME DURING THE SEASON.

Please come and take part. The more the merrier.

And parents, coaches and officials, please either take part or volunteer to help - or both!

The 3000m will be run on the preceding Thursday 7th September at 7.30pm. All u15 and older will be welcome.