



PRESTON HARRIERS

Club Championships 2018

Saturday 15th & Sunday 16th September

UCLan SPORTS ARENA

AGE GROUPS BASED ON AGE AT 31st AUGUST 2018

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 13th 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.
 600m - under 11 groups
 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
 Cricket Ball Throw - all under 11 girls
 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
 Triple Jump - U.15 boys, U.17, Jun, Sen, Vet men
 Javelin - all ages boys

ENTRY FORM To: - Sarah Suffolk 79 Parkside, Lea, Preston PR2 1YS (mobile 07955213987)
 (Cheques payable to Preston Harriers)

NAME _____ Date of Birth _____

Address _____ Phone _____

AGE GROUP (tick box)

SEX

HELPER

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

The Club Championships are for EVERYONE

The weekend of 15th and 16th 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 13th September at 7.30pm. All u15 and older will be welcome.