

PRESTON HARRIERS **Club Championships 2019**

Saturday 14th & Sunday 15th September
UCLan SPORTS ARENA

Pole Vault will take place 6.30pm Wednesday 11th (for those who have already done training sessions.)
And there is a 3k run Thursday 12th Sept at 7.30pm, as part of the championships (**NOT u13's**).

All 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 12th 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.
 Athletes may take part in as many, or as few, events as they wish.

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. All u11 groups
- 1500m - all groups 11 and over

Field

- Cricket Ball Throw – all under 11 boys
- 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

- 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

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| <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 |
|-----|------|------|------|------|------|-----|-----|-----|------|--------|-----|

AGE GROUPS BASED ON AGE AT 31st AUGUST 2019

The Club Championships are for EVERYONE

The weekend of 14th and 15th 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 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.**