

**NORTHERN ATHLETICS  
'START FITNESS' INDOOR OPEN TRACK & FIELD MEETING  
at the  
ENGLISH INSTITUTE of SPORT, SHEFFIELD  
Saturday 1<sup>st</sup> December 2018**

**First Event – 10.15**

We anticipate a high level of interest in these events and reserve the right to return entries if limits are exceeded. **\*\*Although some entries may be available on the day, athletes are advised to enter prior to the competition day to avoid disappointment and assist with management of the meeting.** Information on closure of events will be published on our website in the week before the event.

**Events (Senior):** 60m, 300m, 60m Hurdles, 600m, 3000m, Long Jump, High Jump,  
**Events (Under 15):** 60m, 150m, 60m Hurdles, Long Jump, Shot, High Jump

Senior, U20 and U17 track competitors will be seeded together as one competition by ability at call-up. U15 and U13 age groups will be seeded together.

Competitors will have four trials in Long Jump & Shot.

**Age Groups:** Track & Field age groups as at 31 August 2019.

**ENTRY FEE: £8 per event. Cheques payable to Northern Athletics Postal entries will not be individually acknowledged but entries and start lists will be published online at [race-results.co.uk](http://race-results.co.uk) and [northernathletics.org.uk](http://northernathletics.org.uk)**

**Collect numbers on the day.**

**An online entry system is available via the website address below or at [www.race-results.co.uk](http://www.race-results.co.uk).**

**An Order of Events and other information will be posted on the NA website ([www.northernathletics.org.uk](http://www.northernathletics.org.uk)).**

**Entries to:** Northern Athletics, 7A Wellington Road East, Dewsbury, WF13 1HF by Friday 23<sup>rd</sup> November or online at [www.northernathletics.org.uk](http://www.northernathletics.org.uk).

Enquiries: Telephone 01924 457922: e-mail [judith@northernathletics.org.uk](mailto:judith@northernathletics.org.uk)

**ENTRY FORM – 1 December 2018**

Name \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ e-mail \_\_\_\_\_

Age Group \_\_\_\_\_ Date of Birth \_\_\_\_\_

Event(s) Entered \_\_\_\_\_

Fee Enclosed \_\_\_\_\_ EA Registration No. \_\_\_\_\_

NB: email addresses may be passed to our sponsors Start Fitness for marketing and information purposes. If you do not wish your email address to be made available please indicate by ticking the box provided below. Addresses will not be made available to any other retail or marketing organisation.