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# EXETER HARRIERS COMBINED EVENTS MEETING UNDER UKA RULES FOR COMPETITION AT EXETER ARENA

**We have fully electronic timing**

**SUNDAY 23 SEPTEMBER 2018 BEGINNING AT 10.30 a.m.**

**(Remember you may go up an age group on 1<sup>st</sup> Oct.)**

## PENTATHLONS



Age Group	Events
<b>Under 11 Boys and Under 11 Girls (minimum age 8 on 23.9.2018)</b>	<b>70m Mini Hurdles, Long Jump, 60 metres, Shot (2kg), 600 metres</b>
<b>Girls Under 13 and Under 15 age groups</b>	<b>Long Jump, Hurdles, Shot, High Jump, 800 metres</b>
<b>Women Under 17, Under 20, Senior and W35 and above</b>	<b>Hurdles, Shot, High Jump, Long Jump, 800 metres <u>OR</u> 1 Day Heptathlon - Hurdles, High Jump, Shot, 200 metres, Long Jump, Javelin, 800 metres</b>
<b>Boys Under 13 Boys and Under 15 age groups</b>	<b>Hurdles, Shot, Long Jump, High Jump, 800 metres</b>
<b>Men Under 17, Under 20, Senior and M35 and above</b>	<b>Pentathlon - Long Jump, Javelin, 200 metres, Discus, 1500 metres <u>OR</u> Day 1 Half Decathlon - 100 m, Long Jump, Shot, High Jump, 400 metres</b>

**If you don't want to do a complete pentathlon, enter one or more of the individual events.**

**Entry fee Pentathlon £6. Individual events £2.50 per event.**

**THE NUMBER OF ENTRIES RECEIVED BY 8 SEPTEMBER WILL DECIDE WHETHER THERE ARE ENOUGH TO HOLD THE EVENT.**

**Completed entry forms to Janet Phillips;**

email [competitions@exeterharriers.org.uk](mailto:competitions@exeterharriers.org.uk)

post to Janet Phillips, Pentathlons, 7 Jesmond Road, EXETER. EX1 2DG

hand in at reception at Exeter Harriers Clubhouse, Exeter Arena on Club Night or at the Evening Open Meeting on 28<sup>th</sup> August or SW League on 2<sup>nd</sup> September

**Acknowledgement** will be sent by email.

Enclose Stamped SAE if acknowledgement of entry and timetable is required by post

[www.exeterharriers.org.uk](http://www.exeterharriers.org.uk)

## ENTRY FORM FOR ALL EVENTS

The information given on this form will be used only as stated in the Exeter Harriers privacy policy which is displayed on the club web site. Please read it before you sign the form

Name \_\_\_\_\_

Club/School \_\_\_\_\_

Date of Birth \_\_\_\_\_

EA Registration no (athletes U13 and older) \_\_\_\_\_

Email address (please write clearly) \_\_\_\_\_

Phone Number \_\_\_\_\_

Entry for \_\_\_\_\_ age group pentathlon/half decathlon/heptathlon/events indicated on pb list below.

Personal Best in the 2018 season in the relevant events

60 metres	100 metres
200 metres	400 metres
600 metres	800 metres
1500 metres	___ metres hurdles
High Jump	Long Jump
Shot	Discus
Javelin	

I enclose entry fee of £ \_\_\_\_\_

Payment by BACS/Cheque to **Exeter Harriers Ltd**

**BACS Details; Lloyds Sort Code 30 93 14 Account Number 0821 1267  
Please reference as follows; athletes initial, surname, age group  
eg A Runner U13B**

**Parent/Guardian of athletes under 18 please sign below**

**I give permission for \_\_\_\_\_ to compete in the Exeter  
Harriers Combined Events meeting on 23 Sept 2018**

**Signed \_\_\_\_\_ (parent/guardian)**