

# CALLING ALL ATHLETES U17 AND ABOVE



## EXETER HARRIERS NEEDS YOU!

**Wanted! Athletes (U17 & Above) to compete in the Southern Athletics League. SIGN UP NOW!**

**FIXTURE DATES** April 13th Plymouth, May 19th Winchester, June 15th Portsmouth

July 13th Winchester, August 17th Exeter

**EVENTS** 100m, 200m, 400m, 800m, 1500m

W/M 3000m **OR** 5000m (depending on meeting)

W 1500m SC **OR** 2000m SC / M 2000m SC **OR** 3000m SC (depending on meeting)

Hammer, Shot, Discus, Javelin

Long Jump, High Jump, Triple Jump, Pole Vault

Relays—4X100m 4x400m

SAL 2019

**To sign up please email David Phillips (Team Manager) [SAL@exeterharriers.org.uk](mailto:SAL@exeterharriers.org.uk) with your details & preferred events or advise the Welcome Desk. For further info visit [www.southernathletics.org.uk/](http://www.southernathletics.org.uk/)**