

# The Tom Lintern Medal Meeting at



## K2 Leisure Centre Pease Pottage Hill Crawley RH11 9BQ on Easter Sunday 16th April 2006

### Provisional Time Table

#### TRACK

12.30	SPRINT HURDLES	All Age Groups
13.00	60m	Boys & Girls U11
13.10	100m	F/M All Age Groups
13.45	300m	W U/17
13.50	400m	W U/20 S/W
14.00	400m	M U/17 U/20 S/M
14.15	600m	Boys & Girls U 11
14.45	800m	M & F All age groups
15.15	150m	Boys & Girls U11
15.30	200m	F/M All Age Groups
16.00	1500m	M & F All age groups

#### FIELD

10.30	H.T	B U15 W U/17 U/20 S/W
11.30	H.J	Male All Age Groups
	L.J	Female All Age Groups
12.00	H.T.	M U/17 U/20 S/M
13.00	Shot	Female All Age Groups
13.30	L.J	Boys & Girls U 11
	D.T	Female All Age Groups
14.00	Shot	Male All Age Groups
14.30	H.J	Female All Age Groups
	J.T	Male All Age Groups
15.00	Shot	Boys & Girls U11
15.30	D.T	Male All Age Groups
	L.J	Male All Age Groups
16.30	J.T	Female All Age Groups

ALL AGE GROUPS = U/13 U/15 U/17 U/20 Seniors - Females / Males

**MEDALS TO THE FIRST 3 IN EACH EVENT SUBJECT TO SUFFICIENT ENTRIES**

1. Competition run under UKA Laws, except U11 (MUST be 9 but under 11 on 31st August 2006).
2. Maximum spike length 6mm (Javelin 9mm).
3. All Cheques/Postal Orders made payable to Crawley Athletic Club please.
4. **Pre-entry fee is £2.00 per event. Entries on the day £2.50 per event.**
5. Entries to Mrs Pam Barclay 57 Buckswood Drive Crawley West Sussex RH11 8HU. Enquiries – telephone 01293-418167.
6. Field Events – Minimum of 4 trials but subject to number of entries and the Field Referees decision on the day.
7. Provisional timings may vary due to entry numbers.

#### NEXT MEETINGS –

Wednesday evening 31st May inc 4 x 100 meters,  
Wednesday evening 28th June inc 4 x 400 meters,  
Wednesday evening 19th July inc 3 x 800 meters.

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ENTRY FORM Tom Lintern Medal Meeting Easter Sunday 16<sup>th</sup> April 2006

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

Address \_\_\_\_\_

EVENTS \_\_\_\_\_ Club \_\_\_\_\_

Entry Fee \_\_\_\_\_ Age Group \_\_\_\_\_ M/F \_\_\_\_\_

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