

ASHDOWN JOINT TRACK COMMITTEE

Invites you to a
Summer Open Track & Field Meeting at
Ashdown Athletic Track, Canford Heath Poole.
Incorporating the 10k track championship of Dorset at 8.15pm
On Wednesday 9th August 2006
 Under UK Athletic rules

TRACK		FIELD
6.30-7.00 PM	150M U11 Boys and Girls Boys 200M U13/U15/U17/U20/Senior Male & Female	Shot U11/U13 Male & Female. Pole Vault U13/U15/U17/U20/Seniors Male & Female. Long Jump U11,U13,U15 Hammer U15/U17 Male and Female
7.00-7.45 PM	1200M U11/U13 1 Mile U15/U17/U20/Senior Male & Female	Javelin Under 11/13 Male and Female Shot Putt U15/U17/U20/Seniors Male & Female. High Jump All ages 1m10 to 1m 50
7.45-8.15 PM	300 U17 Female 400 U15/U17 Boys, U20 Male and Senior Male and Female	Javelin under 15/17/20/Seniors Male and Female High Jump All ages 1m50 plus
8.15	10K Dorset County Championship and Open event. Min age 17 on day of race	Please see separate form for 10K

All Field Events will be 4 attempts with the exception of High Jump and Pole Vault. Athletes in the Under 11-Under 17 Age groups can only take part in 3 events in total.

A one off cost of entry will be £3.00 per athlete based on the above restriction, prior to the event or £3.50 on the day. Cheques made payable to **Ashdown Joint Track Committee.**

Name:.....

Address:.....

.....Post Code.....

Date of Birth:..... Sex: Male/Female (*Delete as applicable*)

Affiliated Club/School:.....

Signature of Competitor or their parent or guardian:

Waiver: I declare that I am fit to compete in this event and that the organisers shall not be liable for any loss, damage or injury suffered as a result of my participation in this meeting.

Send to Peter Impett, 104 Merley Lane, Merley, Wimborne Dorset BH21 3AQ