

**Ashdown Track User's Group Invites you to attend:**  
**A Floodlit Midweek Open Meeting incorporating**  
**The Dorset County AA Women's Steeplechase Championships**  
**At The Ashdown Track Poole on 14<sup>th</sup> June 2006**

TRACK		FIELD	
6.20 PM	U11 Girls & Boys 75M		
6.30 PM	U13 Girls & Boys 100M U15 Girls & Boys 100M	6.30 PM	U13-Senior Discus Male & Female Open High Jump (Min Height 1.10M) U20-Senior Long Jump Male & Female
7.00 PM	U17 Womens & Mens 100M Senior Womens & Mens 100M		
7.20 PM	Under 11 Girls & Boys 600M		
7.35 PM	U13 Girls & Boys 800M U15 Girls & Boys 800M	7.30 PM	Open High Jump (Min Height 1.50M) U11 Girls & Boys Ball Throw U11& U13 Girls & Boys Long Jump
8.00 PM	U17 Womens & Mens 800M Senior Womens & Mens 800M		
8.20 PM	Dorset County AA and open U17 Women 1500M Steeplechase		
8.30 PM	Dorset County AA and open U20 & Senior Women 3000 M Steeplechase	8.30 PM	U15 & U17 Boys & Girls Long Jump U13- Senior Shot Putt Male & Female
8.45PM	U15-Senior Open 3000M (Graded races depending on numbers)		

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

Cost of entry will be £3.00 per athlete based on the above restriction, prior to the day event or £3.50 on the night. Cheques made payable to **Ashdown Track User Group. (Goody Bag for all athletes in U11-U15 Age Groups, prize for top 3 performances overall on the night). Age groups based on UKA qualification criteria, Minimum age 9 years on 14<sup>th</sup> July. (Entries on the night will be taken from 5.40PM onwards, entries close 20 mins before each event). (All No's distributed on the night).**

Name:.....

Address:.....

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

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

Affiliated Club/School:.....

Eligible to qualify for Dorset Yes/No\* *\*For Steeplechase competitors only delete as applicable*

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 Mark Pauley, 56 Bluebell Lane, Poole, Dorset. BH17 7YU**