

**ENTRY FORM FOR THE ISLE OF WIGHT OPEN
INCORPORATING THE IW CHAMPIONSHIPS 2009**
Organised by the Isle of Wight Athletic Club to be held at the Fairway Athletics
Centre on Sunday 20th September commencing at Field - 11.30, Track 12.30.
Medals for all winners

Surname..... *First name*

Contact address/Tel/e-mail:.....

Date of Birth.....*Club or School*.....

Age Group.....**Entry Fee:.....£2.00 per event.**

Track Events: Tick box

Field Events: (six trials) Tick box

- | | |
|---|---|
| <input type="checkbox"/> 75M U11B/G | <input type="checkbox"/> Shot U13/U15/U17/U20/Sen/MaM/F |
| <input type="checkbox"/> 100M U13/U15/U17/U20/Sen/Ma M/F | <input type="checkbox"/> Discus U13/U15/U17/U20/Sen/Ma M/F |
| <input type="checkbox"/> 200M U13/U15/U17/U20/Sen/Ma M/F | <input type="checkbox"/> Ham U13B/U15/U17/U20/Sen/Ma M/F |
| <input type="checkbox"/> 300M U17W | <input type="checkbox"/> Javelin U13/U15/U17/U20/Sen/Ma M/F |
| <input type="checkbox"/> 400M U13B/U15B/U17M/U20/Sen/Ma M/F | <input type="checkbox"/> High J. U13/U15/U17/U20/Sen/Ma M |
| <input type="checkbox"/> 600M U11B/G | <input type="checkbox"/> Long J.U13/U15/U17/U20/Sen/Ma M/F |
| <input type="checkbox"/> 800M U13/U15/U17/U20/Sen/Ma M/F | <input type="checkbox"/> Long Jump U11 B/G |
| <input type="checkbox"/> 1500M U13/U15/U17/U20/Sen/Ma M/F | <input type="checkbox"/> Pole Vault U15B/U17/U20/Sen/MaM/F |
| <input type="checkbox"/> 3000M U15B/U17M/U20/Sen/Ma M/F | <input type="checkbox"/> Triple J. U15/U17/U20/Sen/Ma M/F |
| <input type="checkbox"/> 70M Hurdles U13G | |
| <input type="checkbox"/> 75M Hurdles U15G | |
| <input type="checkbox"/> 80M Hurdles U17W/U13B/U15B | |
| <input type="checkbox"/> 100M Hurdles U17M J/SW | |
| <input type="checkbox"/> 110M Hurdles U20/SM | |
| <input type="checkbox"/> 300M Hurdles U17W | |
| <input type="checkbox"/> 400M Hurdles U17M/U20/Sen/Ma M/F | |
| <input type="checkbox"/> 2000M Steeplechase U20/Sen/Ma M/F | |
| <input type="checkbox"/> 2000M Walk U13B/G | |
| <input type="checkbox"/> 2500M Walk U15 G/B | |
| <input type="checkbox"/> 3000M Walk U17/U20/Sen/Ma M/F | |

Maximum events:U13 x3, (and may only enter 800m or 1500m not both),U15/U17/Jun x4

Closing date WEDNESDAY 9th SEPTEMBER - No entries on the day except for Under 11 year old events .

Please return entry forms to: **Isle of Wight Track & Field Open Medal Meeting, 4 St Paul's Avenue, Shanklin, Isle of Wight, PO37 7AL** with fee. Cheque to be made payable to **Isle of Wight Athletic Club**. Enclose SAE for a timetable of events if required. Enquiries tel. 01983 862624 or e-mail nickgroo@aol.com