

ASHDOWN (POOLE) OPEN MEETING

A Floodlit Midweek Open Meeting incorporating
The Dorset County AA 10k Championships
At The Ashdown Track Poole on **Wed 8th August 2007**

TRACK		FIELD	
6.20 PM	U11 Girls & Boys 150M		
6.30 PM	U13 Girls & Boys 200M U15 Girls & Boys 200M	6.30 PM	U-11/U13 Shot Male & Female Pole Vault Male and Female All age groups U15/U17 Hammer Male and Female
7.00 PM	U17 Womens & Mens 200M Senior Womens & Mens 200M		
7.20 PM	Under 11 Girls & Boys 1200M		
7.35 PM	U-15/U-17/U20/Senior, Male and Female One Mile	7.15 PM	U15/U17/U20/Senior Shot U11& U13 Girls & Boys Long Jump U11/U13 Girls and Boys Discus
7.50 PM	4 X 100M relay Any age groups – mixed teams if you want. Come and set your own records	8.00PM	Discus Under 15/U17/U20/Seniors Male and Female Triple Jump Under 15s/U17s/U20/Senior Male and Female
8.15 PM	3 X 800M relay Any age groups		
8.30 PM	Dorset County AA and Open U20 & Senior Women 10K track race. Min age 17 on the day of the race		PLEASE USE SEPARATE FORM FOR 10K

All Field Events will be 4 attempts with the exception of Pole Vault.
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 Joint Track Committee**. **Age groups based on UKA qualification criteria, Minimum age 9 years on 8th August. (Entries on the night will be taken from 5.00PM 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:.....

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