

Open Meeting at the Sports Centre Southampton

Sunday September 10th 2006

Team Field Event Triathlon

Events Long Jump, Shot, Javelin

Age Groups Senior Men, Senior Women, U17 Boys, U17 Girls, U15 and U13 Boys and Girls

Entry Conditions

- Each team member may only compete in one of the three field events
- The best performance by each team member will be scored on the IAAF Combined Events tables (limit of 4 trials)
- The scores for each team member will be added together with the highest team total being declared the winner
- Athletes may only compete for one team
- Club, School and Composite teams may participate
- U17 athletes may compete as seniors, but U15 and U13 athletes must compete in their own age groups
- Where a club team is entered all members must be eligible to compete as per UKA Rules
- All teams must be declared before the competition begins
- Individual athletes may compete if numbers allow this

Entry Fee There is an entry fee of 5.00 per team

Awards An award will be made to the winning team in each category

Relay Challenge

Age Groups Senior Men and Women, U17 Boys and Girls, U15 and U13 Boys and Girls

Events 4 x 100m, 3 x 800m, U17 and Senior 800m Medley (100,100, 200, 400)
12 lap Paarlauf (2 runners), U11 50m Shuttle.

Entry Conditions

- Club, School and Composite teams may participate
- Where a club team is entered all members must be eligible to compete as per UKA Rules
- U17 athletes may compete as seniors but U15 and U13 athletes must compete in their own age groups
- All team members must be declared before the start of their event
- Where there is more than one race in a category final positions will be decided on times

Entry Fee There is an entry fee of 5.00 per team

Awards An award will be made to the winning team in each category

Open Events

400m Hurdles Senior Men and Women
300m Men and Women, U17 Boys and Girls

Entry Fee 1.50 per event

General

- In the Field Event Triathlon and the Relay Challenge each team must have a declared name- i.e. club or composite name- and the organisers reserve the right to reject any name which is considered inappropriate
- All team members must wear numbers as allocated by the organisers

Entries to Janet Smith, 10 Priestwood Close, Thornhill, Southampton SO19 5JN by September 4th

Entries may be accepted on the day if there are vacancies. Such entries will be subject to a 1.00 surcharge.

Timetable

1.15 Senior and U17 Field Triathlon Men and Women
Long Jump, Shot, Javelin

1.30 400m Hurdles Women
400m Hurdles Men

2.00 U13, U15 Boys and Girls Field Triathlon
Long Jump, Shot, Javelin

2.00 300m U17 Boys, U17 Girls
300m Senior Men, Senior Women

2.20 U11 Shuttle Relay

2.30 4 x 100m U13 Girls, Boys
4 x 100m U15 Boys, Girls
4 x 100m U17 Boys, Girls
4 x 100m Senior Men, Women

3.00 3 x 800m U13 Girls, Boys
3 x 800m U15 Girls, Boys
3 x 800m U17 Girls, Boys
3 x 800m Senior Women, Men

3.30 800m Medley Relay (100,100, 200, 400)
U17 Girls, U17 Boys
Senior Women, Senior Men

3.50 Twelve lap Paarlaf (4800m)
Senior Men and Senior Women one race

TEAM SOUTHAMPTON

Open Meeting Entry Form

10 September 2006

Team Entry

Team Events to be entered

Age Group (specify male or female)

Team Name

Entered by (name & contact telephone number or address)

Fee enclosed

Individual Open Event Entry

Event

Age Group (state Male or Female)

Name (and contact telephone number or address)

Club

Fee enclosed

Send to – Team Southampton, 10 Priestwood Close, Thornhill, Southampton, SO18 5RN



Team Field Triathlon & Relays

(including open events)

Sunday 10 September 2006
Southampton Sports Centre
1.15pm

Club, School or Composite Entries welcomed
(Senior, Under 17, Under 15 & Under 13 Male & Female)
£5 per team

Awards to all winning teams

Field Triathlon
Shot, Long Jump & Javelin
(one team member per event)

Relays
(4x100, 3x800, 800 Medley(100,100,200,400))

Open
(Senior M/W 400mHurdles, Senior/U17 M/W 300m)

Further details from www.teamsouthampton.co.uk

Or on application to – Team Southampton, 10 Priestwood Close, Thornhill, Southampton