

# PRESTON HARRIERS CLUB CHAMPIONSHIPS

**Saturday 11th & Sunday 12th September 2010  
PRESTON SPORTS ARENA**

**AGE GROUPS BASED ON AGE AT 31st AUGUST 2010**

Athletes may take part in as many, or as few, events as they wish.  
Competitors **MUST** be fully paid up Club Members. Entries will be taken on the day, but  
*please help us by letting us have your entry by Thurs 9th September.*

**ENTRY FEE £6.00 for two full days of competition  
(AWARDS FOR TOP THREE IN EACH AGE GROUP)**

The winner in each age group will be the athlete with the  
**BEST SCORE FOR FIVE EVENTS**, including at least two track and two field events.

There will be a 3k run Thursday 9 Sept at 7.30pm, as part of the championships.

**PARENTS WILLING TO HELP PLEASE TICK BOX ON THE ENTRY FORM**

**EVENTS SCHEDULE ( Provisional ):  
10.00a.m. Start each day**

**SATURDAY**

**Track**

- Sprint Hurdles - not U.11's
- Shuttle Run - under 11 groups
- 200m - all ages
- 300m - U.15 & U.17 girls
- 400m - all ages, except no U.15 & U.17 girls, & no U.13's
- 1500m - all groups 11 and over

**Field**

- Pole Vault – all ages U15 plus, girls
- High Jump - all ages boys
- Long Jump - all ages girls
- Standing Triple Jump - under 11 groups
- Shot - all groups 11 and over
- Discus - all groups 11 and over
- Cricket Ball Throw - under 11 groups
- Triple Jump - U.15 boys, U.17, Jun, Sen, Vet men

**SUNDAY**

**Track**

- 50m - under 11 groups
- 100m - all ages
- 300 Hurdles – U.15 & U.17 girls
- 400 Hurdles - U.17 Boys, all Jun, Sen, Vets
- 800m - all ages
- 1500m S/C - U.17 girls, Jun, Sen, Vet Ladies
- 2000m S/C - U.17 boys, Jun, Sen, Vet Men

**Field**

- Pole Vault – all ages U15 plus, boys
- High Jump - all ages girls
- Long Jump - all ages boys
- Triple Jump – U.15 girls, U.17, Jun, Sen, Vet ladies
- Vertical Jump - under 11 groups
- Hammer - U.15, U.17, Jun, Sen, Vets
- Javelin - all groups 11 and over

☺ There will also be non-counting wheelbarrow race, sack race, egg and spoon, welly throw and relays. ☺

ENTRY FORM To:- Pete Hancock, 41 Hollins Grove, Preston PR2 3TT (01772 729827)  
(Cheques payable to Preston Harriers)

NAME \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

AGE GROUP (tick box)

SEX

HELPER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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U.9    U.10    U.11    U.13    U.15    U.17    Jnr    Sen    Vet    Male Female    Yes

## The Club Championships are for EVERYONE

The weekend of 11th and 12th September is the final opportunity of the year for you to perform in all the events you enjoy, and to experience those you have not really tried before.

Please come along, whatever your age and ability, and show us what you can, and cannot, do!

Coaches will be on hand to help if you have not tried an event before, and you just might surprise yourself!

The idea is that everyone should take part in as many events as possible over the two days, and enjoy a weekend competing against one another in an atmosphere of friendly rivalry. If everyone joins in, you can have fun whether you are winning or not!

The points system we use awards more points the faster you run, the further you throw and the higher or longer you jump.

**Your best two track scores, your best two field scores and your next best score will be your Championship total.**

**For all the under 15 age groups**, these points will also count towards badges and certificates to be awarded at the annual presentation disco, as well as to decide the Club Champion in each age group. (Winners will be announced at the disco.)

**To win a Pentathlon or Decathlon Award** you need five or ten events respectively which must include a run, a jump and a throw.

Please come and take part. The more the merrier.

**And parents, coaches and officials, please either take part or volunteer to help - or both!**

And don't forget, if you leave early you will miss the silly, fun events!!

**NEW THIS YEAR** The 3000m will be run on the preceding Thursday

9<sup>th</sup> September at 7.30pm all u17 and older will be welcome