



LCAC INTERNAL CLUB OPEN MEETINGS FOR YOUNG ATHLETES

John Charles Centre for sport Middleton Grove Leeds LS11 5DJ

Minimum age 8yrs on day of competition. Ages as at midnight on 31st August 2019 Run under UK Athletics rules

THURSDAY 5th MARCH 2020 (5.30pm - 8pm)

&

THURSDAY 30th APRIL 2020 (5.30pm – 8pm)

U11 Boys and Girls: **75/60m / 600m / LJ / Shot**

U13 Boys and Girls: **100/60m / 60mH / 800m / LJ / Shot / Jav**

U15 Boys and Girls: **100/60m / 60mH / 800m / LJ / Shot / Jav**

Depending on the weather, 100m will be outdoors or 60m if indoors. The organisers reserve the right to amend the programme and event without notice

Athletes can only enter a maximum of 2 events in each competition

Event closes with presentations for all athletes at 8pm

Please fill in the form and return to the reception table where you pay for training in the club on training days.

Closing date for entries for the competition is Thursday 27th of February 2020.

Any queries contact mariabtownsend@gmail.com

Name.....Male / Female (please circle)

Email.....Tel No.....

Date of Birth.....Age Group.....

Event(s) you wish to enter:

| Competition 5 th March | Competition 30 th April |
|-----------------------------------|------------------------------------|
| Event 1 | Event 1 |
| Event 2 | Event 2 |

I declare that I am an amateur as defined by UK Athletics and agree by these rules. I am medically fit and understand that I enter at my own risk and agree that the organisers shall not be liable for any accidents, injuries, loss or damage that may occur as a result of my participation at the Open Meeting.

Signed:

Date: