

NEWQUAY & PAR
ATHLETIC
CLUB

OPEN 1 DAY MULTI-EVENT COMPETITION
(INCORPORATING POLE VAULT OPEN AT 11.30am)

To be held at

THE PAR ATHLETIC TRACK
on
SUNDAY 13th SEPTEMBER 2009

Starting at 10.00 am (except pentathlons at 12.55 pm)
XXXXXXXXXXXX

Age groups included are under, 13, 15 & 17 at 01/09/2009
(Years, 6/7, 8/9 & 10/11)
under 20 must be 19 or under during the *whole* of 2009,
Seniors are 20 at 31/12/09 & above

U13/U15 Pentathlon, U17M Octathlon or Decathlon
U17 & Senior Women Heptathlon, U17M, U20 & Senior Men & Women Decathlon

Certificate & medal to all competitors

FEES ARE: £6 MULTI-EVENTS, £2.50 POLE VAULT
(payable to N&P AC)

Entries to :

Dave Varney, 38 Manor View, PAR CORNWALL PL24 2EN

no later than FRIDAY 4th SEPTEMBER

(Late entries will be accepted – entry on the day will be £1 extra)

N & P MULTI EVENTS - TIMETABLE
Sunday 13th September 2009

10.00	100m Hurdles 80m Hurdles 100m	U17M / Women U17Women Men
10.15	Long Jump	Men/U17M Women/U17W
10.55	Shot	Men/U17M Women/U17W
11.30	Pole Vault	Men OPEN DEVELOPMENT COMPETITION
12.55	70/75/80mH	U13/U15 Pentathlon
1.10	400m	Men/U17M
1.15	LUNCH BREAK Long Jump Shot	(not pentathlon) U13/U15G Pentathlon U13/U15B Pentathlon
1.45	110mH 200m	Men Women/U17W (men alternative)
2.00	High Jump Discus	U13/U15G Pentathlon Women/U17W Men/U17M
3.00	High Jump Shot	Men/U17M U13/U15B Pentathlon U13/U15G Pentathlon
4.15	Long Jump Javelin	U13/U15B Pentathlon Men/U17M Women/U17W
5.00	800m 800m 1500	Women/U17W U13/U15 Pentathlon Men/U17M

note: U17M & SW decathlon will follow same order as U20 / Men

ENTRY FORM – NEWQUAY & PAR MULTI EVENTS – Sunday 13th September 2009

NAME CLUB.....

ADDRESS

E-MAIL ADDRESS PHONE NUMBER

Signed (by Parent or Carer if under 18)

MALE / FEMALE MULTI EVENT / POLE VAULT U13 / U15 / U17 / U20 / SENIOR
 (Delete as necessary)

Please send your entry form, with the fee of £6 for the multi events or £2.50 for the Pole Vault Competition payable to N&P AC to:

Dave Varney, 38 Manor View, PAR CORNWALL PL24 2EN

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