

NEWQUAY & PAR

ATHLETIC
CLUB

invite you to their 25th annual

YOUNG ATHLETE PENTATHLONS

(using the 5 star scoring tables)

to be held at

THE PAR ATHLETIC TRACK

on

SUNDAY 18th JULY 2010

starting at 10.30am

Age groups included are:

Under 10 - (Year 4, inc Year 3 if 8 on the day)

Under 11 - (Year 5)

Under 13 - (Year 6 & 7)

Under 15 - (Year 8 & 9)

Under 17 - (Year 10 & 11)

under 10 & 11's compete in long jump, vertical jump & 600m
plus 75m or sprint hurdles
plus cricket ball or shot putt

all other ages choose 5 events from:-

100m or sprint hurdles

3 from shot, discus, javelin, high jump & long jump
(to include a jump & throw)

800m

please show choice of events on your entry

TROPHIES FIRST THREE, CERTIFICATES FOR ALL plus medals

Entries to :

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

no later than Saturday 10th July 2010 with fee of £5.00

(payable to Newquay & Par AC)

NEWQUAY & PAR AC YOUNG ATHLETE PENTATHLONS
PAR TRACK 18/07/10

Timetable

10.30	Hurdles
10.50	75m/100m
11.10	LJ U10/11 Girls CB U10/11 Boys SP U10/11 Boys
11.45	DT Boys SP Girls
12.30	HJ Girls LJ Boys CB U10/11 Girls SP U10/11 Girls to follow Cricket Ball
1.30	JT Girls SP Boys LJ U10/11 Boys
2.15	DT Girls HJ Boys VJ U10/11 Girls
3.00	JT Boys LJ Girls VJ U10/11 Boys
3.40	600 U10/11 Boys & Girls
3.50	800
4.05	PRESENTATIONS

NEWQUAY & PAR ATHLETICS CLUB
5 STAR PENTATHLONS – ENTRY FORM

CLUB/SCHOOL/COLLEGE

ENTRY FOR AGE GROUP(age at 01/09/10 - min 8 on day) (Copy for each Age Group)

Please specify events below or delete as appropriate

Full Name	Address	DOB	Hurdle or Sprint	Jump	Throw/ Jump	Throw	600/800 Only U10/11's do 600m
			Hurdle or Sprint				600/800
			Hurdle or Sprint				600/800
			Hurdle or Sprint				600/800
			Hurdle or Sprint				600/800
			Hurdle or Sprint				600/800
			Hurdle or Sprint				600/800
			Hurdle or Sprint				600/800
			Hurdle or Sprint				600/800

SIGNED.....

NAME IN BLOCK CAPITALS.....

POSITION IN CLUB / SCHOOL (OR PARENT/GUARDIAN).....

ADDRESS (inc Post code.....

TEL: (Day)..... (Eve).....

E-mail.....

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