

THE ISLE OF MAN TRACK & FIELD CHAMPIONSHIPS 2010

Sponsored by Dóhle IOM Ltd

Under UK Athletic Rules

AT THE NSC DOUGLAS

SATURDAY 24TH & SUNDAY 25TH JULY 2010

Please check your age group before completing this form

Under 9 Boy or Girl 7 or 8 at Midnight at 31st Aug/1st Sept 2010
Under 11 Boy or Girl 9 or 10 at Midnight at 31st Aug/1st Sept 2010
Under 13 Boy or Girl 11 or 12 at Midnight at 31st Aug/1st Sept 2010
Under 15 Boy or Girl 13 or 14 at Midnight at 31st Aug/1st Sept 2010
Under 17 Man or Woman 15 or 16 at Midnight at 31st Aug/1st Sept 2010
Junior Man or Woman 17 or 18 or 19 at Midnight 31st Dec 2010/Jan 2011

SATURDAY 24TH JULY

Track

75m U11B, U11G
100m All Age Groups Male & Female
300m U15G, U17W
400m U15B, U17M, JM, SM, JW, SW
600m U9B, U9G
1500m U11B, U13B, U15B, U17M, JM, SM, U11G, U13G, U15G, U17W, JW, SW
1500msc U17M
3000msc JM, SM
70mH U13G
75mH U13B, U15G
80mH U15B, U17W
100mH U17M, JW, SW
110mH JM, SM

Field

Long Jump All Female Age Groups
Triple Jump U15B, U17M, JM, SM
High Jump U13B, U15B, U17M, JM, SM
Cricket Ball U9B, U11B
Javelin U13G, U15G, U17W, JW, SW
Discus U13B, U15B, U17M, JM, SM
Shot Putt U13B, U15B, U17M, JM, SM, U13G, U15G, U17W, JW, SW

SUNDAY 25TH JULY

Track

75m U9B, U9G
200m All Age Groups Male & Female
300mH U17W
400mH U17M, JM, SM, JW, SW
800m All Age Groups Male & Female
1km Walk U11B, U13B, U11G, U13G,
3kmWalk U15B, U15G, U17M, JM, SM, U17W, JW, SW
3000m U15B, U17M, U15G, U17W
5000m JM, SM, JW, SW

Field

Long Jump All Male Age Groups
Triple Jump U17W, JW, SW
High Jump U13G, U15G, U17W, JW, SW
Cricket Ball U9G, U11G
Javelin U13B, U15B, U17M, JM, SM
Discus U13G, U15G, U17W, JW, SW
Hammer U15B, U17M, JM, SM, U17W, JW, SW

THE ISLE OF MAN TRACK & FIELD CHAMPIONSHIPS 2010

Sponsored by Dóhle IOM Ltd

Under UK Athletic Rules

AT THE NSC DOUGLAS

SATURDAY 24TH & SUNDAY 25TH JULY 2010

Please complete entry form in CAPITAL LETTERS

SURNAME..... FIRST NAME.....

ADDRESS.....

.....Post Code.....

TEL No..... email.....

Club/School..... Date Of Birth.....

Age Group..... Male or Female.....

U9's, U11's, U13's, U 15's & U 17's may only compete in 3 events per day. Jun Men & Women may only compete in 4 events per day. All Athletes under the age of 15, may only compete in one distance race per day (inc Race Walks)

ENTRIES CLOSE :- THURSDAY 15TH JULY 2010

Saturday 24th July 2010	Sunday 25th July 2010
Event	Event

I declare that a) I am an amateur as defined by U.K. Athletic Rules. b) I am qualified to compete in the Isle of Man Track & Field Championships by virtue of birth or residence.

Signed

Date.....

Counter signed by parent or guardian if under 17 years of age

ENTRY FEES:-U9, U11, U13, U15, U17. £2.00 PER EVENT

JUN, SEN £2.50 PER EVENT

Please make cheques payable to the IOM Athletic Association

PLEASE NOTE :-

YOU MUST DECLARE YOUR INTENTION TO COMPETE AT LEAST 30 MINUTES BEFORE EACH EVENT.

All Entries To Di Shimell 3 Marlborough Terrace, Alexander Drive, Douglas, Isle Of Man. IM2 3QJ.

Tel No. 623582/450488 or email dishimell@manx.net