



**Sunday 25 September Main Day**

TRACK		FIELD	
1.00 pm	<b>400</b> Hdles u-20, Sen, Vet (M & F) + u17M	1.00 pm	<b>Shot</b> ALL M & F (not under 11)
1.05 pm	<b>300</b> Hdles u17 Fem only		
1.10 pm	<b>1500</b> m ALL AGES M & F (not u-11)		
1.30 pm	<b>100</b> m ALL AGES M & F (not u-11)		
1.50 pm	<b>400</b> m Seniors & Vets only - M & F		
2.00 pm	<b>2000</b> S/ch u20 M + Vet M		
2.10 pm	<b>1500</b> S/ch u17 M + u20 Fem, SL, Vet L		
2.20 pm	<b>3000</b> S/ch SM		
2.30 pm	<b>200</b> m ALL AGES M & F (not u-11)	2.30 pm	<b>Hammer</b> M + F u-15 up (not u-13 or u-11)
2.50 pm	<b>Mixed Relays</b> ALL - mixed distances teams sorted on the day		
3.00 pm	<b>Medal ceremony</b>		

These have to be pre-entered by 8pm Thursday 22 September we cannot fill the waterjump for possible or probable entries....

**Eligibility**

- 1<sup>st</sup> claim members of IEK, fully paid up by entry deadline
- 2<sup>nd</sup> claim may compete, but not for titles or medals
- medals/awards for first three (3) 1<sup>st</sup> claim finishers – certificates for all competitors

**Number of events ( not counting relays )**

- u-13, u-15, u-17 as many as desired but maximum of three (3) events on one day
- u-20 may do as many as desired but a maximum of 5 events on one day

**Deadline for entry forms**

All events (except steeplechase) completed form + fee to clubhouse..... on the day, 30 mins before the event  
 Steeplechase only completed form + fee to clubhouse..... by 8pm Thursday 22 - LATEST

**Entry fee - £1.00 for each event**

Entry only by form with fee – no verbal, telephone or e-mail entry will be accepted

✂ ..... [ cut along dotted line ]

**Entry form**

IEK Club Championship 2011

SURNAME	Male / Female (circle)	MALE FEMALE	Events entered on Sun 25 September			
			1		4	
First name (Given Name)	Date of birth		2		5	
			3		6	
IEK membership No.	Fee paid	YES - NO	Race No. (to be filled in by IEK)			

No IEK number....  
....No IEK prize