



Sunday 25 September Main Day

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

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

Eligibility

- 1st claim members of IEK, fully paid up by entry deadline
- 2nd claim may compete, but not for titles or medals
- medals/awards for first three (3) 1st 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			5		
				6		
IEK membership No.	Fee paid	YES - NO	Race No. (to be filled in by IEK)			

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