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 **ISLE OF MAN TRACK & FIELD CHAMPIONSHIPS 2020
Sponsored by Spar**

**Under UK Athletic Rules**

**AT THE NSC DOUGLAS**

**UK Permit No. OUT 19/328**

**SATURDAY 12th & SUNDAY 13th September 2020**

**Please check your age group before completing this form**

Under 9 Boy or Girl 7 or 8 at Midnight at 31stAug/1st Sept 2020

Under 11 Boy or Girl 9 or 10 at Midnight at 31st Aug/1st Sept 2020

Under 13 Boy or Girl 11 or 12 at Midnight at 31st Aug/1st Sept 2020

Under 15 Boy or Girl 13 or 14 at Midnight at 31st Aug/1st Sept 2020

Under 17 Man or Woman 15 or 16 at Midnight at 31st Aug/1st Sept 2020

Junior Man or Woman 17 or 18 or 19 at Midnight 31st Dec 2017/Jan 2020

**SATURDAY 12th SEPTEMBER 2020**

**TRACK**

75m U11B, U11G

100m All Age Groups Male & Female.

300m U15B, U15G, U17W

400m U17M, JM, SM, JW, SW.

600m U9B, U9G.

1200m U11G

1500m U11B, U13B, U15B, U17M, JM, SM, U13G, U15G, U17W, JW, SW.

1500msc U17M & U17W

2000msc JM , JW , SW , Vet W & V60+Male

3000msc 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. W/C M.

Hammer U13B, U15B, U17M, JM, SM, U13G, U15G, U17W, JW, SW.

Shot Putt U13G, U15G, U17W, JW, SW.

**SUNDAY 13TH September 2020**

**TRACK**

75m U9B, U9G

200m All Age Groups Male & Female.

300mH U17W

400mH U17M, JM, SM, JW, SW

600m U11G, U11B

800m U13B, U15B, U17M, JM, SM, U13G, U15G, U17W, JW, SW.

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

Pole Vault U13B. U15B, U17 M, JM,SM U13G, U15G U17W, JW,SW.

Cricket Ball U9G, U11G.

Javelin U13B, U15B, U17M, JM, SM

Discus U13G, U15G, U17W, JW, SW

Shot Putt U13B, U15B, U17M, JM, SM..

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**ISLE OF MAN TRACK & FIELD CHAMPIONSHIPS 2020**

**AT THE NSC DOUGLAS**

**SATURDAY 12th & SUNDAY 13th SEPTEMBER 2020**

**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, U15’s & U17’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 (600m and above) per day (inc Race Walks) There is a Victor/Victrix Ludorum shield to be awarded to the athlete in each age category with the most points over the Championships.**

**Starting Heights for:**

**High Jump Pole Vault High Jump Pole Vault**

**SM – 1.55M 2.80 M SW - 1.45M 1.90M**

**JM – 1.40M 2.60 M JW - 1.45M 1.80M**

**U17M - 1.40M 2.40M U17W - 1.35M 1.80M**

**U15B - 1.30M 1.70M U15G - 1.20M 1.70M**

**U13B - 1.10M 1.50M U13G - 1.10M 1.40M**

**ENTRIES CLOSE: 31st AUGUST 2020. NO LATE ENTRIES ACCEPTED.**

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| --- | --- |
| **Saturday 12TH September 2020** | **Sunday 13th September 2020** |
| **Event** | **Event** |
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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**.**

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

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| **Signed ………………………………………………… Date…………………………** |

**ENTRY FEES: U9, U11, U13, U15, U17, JUN £2.50 PER EVENT**

**SEN £4.00 PER EVENT**

**Please make cheques payable to the IOM Athletics Association**

**PLEASE NOTE: Anyone taking photographs must register each day and sign in.**

**YOU MUST DECLARE YOUR INTENTION TO COMPETE AT LEAST 30 MINUTES BEFORE EACH EVENT. Medals presented to all Age Groups. Athletes MUST collect medals at time of presentation.**

**All Entries To: Kelly Hillier, 6 Close Cowley, Douglas, Isle of Man. IM2 2HX.**

**Tel No: 451898 or email: k.milnes@hotmail.co.uk**