

**Open Track & Field Event organised by Bedfordshire AAA Entry Form**  
**Saturday: 9<sup>th</sup> April 2011 Closing Date: 25<sup>th</sup> March 2011**

**NO ENTRIES ON THE DAY**



**OPEN TRACK & FIELD MEETING at Bedford**  
**Promoted by BEDFORDSHIRE AAA**  
**N.B. THIS IS NOT THE COUNTY CHAMPIONSHIPS**

Bedford and County A.C, Biggleswade A.C, Luton Athletic Club,  
University of Bedfordshire

**Saturday 9th April 2011**

**Bedford International Athletics Stadium, Barkers Lane, BEDFORD MK41 9SB**

**Closing Date 25 March 2011 NO ENTRIES ON THE DAY**

Car parking, Refreshments, Changing / Shower Facilities

**Field Events (Minimum of 4 Trials)**

High Jump - All age groups

Long Jump - All age groups

Triple Jump - U17M/W upwards age groups

Pole Vault - U15B/G upwards age groups

Javelin – U13B/G upwards age groups

Shot Putt - U13B/G upwards age groups

Discus - U13B/G upwards age groups

Hammer - U15B/G upwards age group

Please note that Veterans (0/35) are invited to compete in their appropriate age category but it will be their responsibility to select the correct implement

*All implements will be as laid down in UKA rules (except for U11 's)*

**Track Events**

75m- U11

100m - U13 upwards age group

200m - U13 upwards age group

300m - U15G U17W only

400m - U15B upwards age group

600m – U11

800m - U13B/G upwards age group

1500m - U13B/G upwards age group

3000m - U15s upward

Sprint Hurdles - U13B/G to Senior M/W

300 / 400m Hurdles - U17W (300m) / U17m upwards (400m)

Please note U13 and U15 may do either 800m or 1500m  
Please note that Veterans (0/35) are invited to compete in any of the above Sprint Hurdle categories appropriate to their age group (i.e. there will be no specific race for Veterans)

**Disabled Athletes** if sufficient interest is shown

**Field** – Ambulant Javelin and Wheelchair shot putt      **Track** - Ambulant 100m and 400m

Under 11 Boys / Girls - Over 9 but under 11 on 31<sup>st</sup> August 2011

Under 13 Boys / Girls - At least 11 on 9<sup>th</sup> April 2011 but under 13 on 31<sup>st</sup> August 2011

Under 15 Boys / Girls - Over 13 but under 15 on 31<sup>st</sup> August 2011

Under 17 Men / Women - Over 15 but under 17 on 31<sup>st</sup> August 2011

Junior Men & Women - Over 17 by 31<sup>st</sup> August 2011 but under 20 on 31<sup>st</sup> December 2011

Senior Men & Women - Over 20 on 31<sup>st</sup> December 2011 but under 35 on 9<sup>th</sup> April 2011

Veteran Men & Women - At least 35 on 9<sup>th</sup> April 2011, thereafter 5 year age groups

*Please note: Entries may be restricted due to excessive numbers*

Please PRINT

<b>Surname</b>		<b>Forename(s)</b>	
<b>Club</b>		<b>Gender</b>	<b>Male / Female (Please circle)</b>
<b>or School</b>		<b>Age Group</b>	
<b>Telephone</b>		<b>Email</b>	
<b>Address</b>			
	<b>Post code:</b>		

Entries: £2.00 entry fee per event, maximum of three (3) events for £5.00

Event	PB for event (for seeding purposes)	Competing Age Group for Veteran
1.		
2.		
3.		

*There will be no specific Hurdles race for Veterans*

**Registration and collection of numbers will be on the day**

### Disclaimer

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in this Open Meeting promoted by Bedfordshire AAA.

Signed: ..... Date: .....

*Athletes under the age of 16 MUST have the form signed by either a parent or guardian*

**Total fee enclosed (please circle) 1 event = £2.00, 2 events =£4.00, 3 events = £5.00**

*Cheques payable to: Bedford and County AC*

**Entries close on Saturday, 25 March 2011**

Please send entries to:

BEDFORDSHIRE OPEN  
Sonia Brown,  
57 Sandleford Drive,  
Elstow,  
Beds,  
MK42 9GL

*Enquiries: [chairman@bedfordandcountyac.org.uk](mailto:chairman@bedfordandcountyac.org.uk)*

SAE essential for confirmation of entry and working timetable