



WEST NORFOLK

Athletic Club

Affiliated to:
U.K. Athletics,
AAA of England,
SEAA,
Norfolk AAA

Presents

Keith Ward Indoor Open Meeting Incorporating Norfolk County Championships. Sunday 29th January 2012

Lynnsport & Leisure Park, King's Lynn, Norfolk, PE30 2NB

Held under UKA rules

Age Categories: U11 (Must be 9 on 23/01/2012)

U13/U15/U17/U20W/Jun.Men/Sen M&W (Vet M&W only 60m Sprint)

(Veterans may however compete as seniors in other events)

Age as at 31st August 2012 (Track season age groups start 1st October 2011)

FIELD EVENTS(Start Time 10.00am

TRACK (Start Time 1.30pm)

Events available

Pole Vault U13 – Senior (7 Attempts)
Long Jump U11 – Senior (3 Attempts)
High Jump U13 – Senior
Triple Jump U17 M&W/U20W/Jun Men/Sen M&W (3 Attempts)
Shot Put U13 – Senior (3 Attempts, Top 3 extra 3 attempts)

Events available

60m Sprint U11 – Vets
60m Hurdles U13- Senior

Trophies as follows 1-2 comps GOLD, 3-4 comps GOLD & SILVER, over 4 comps GOLD, SILVER & BRONZE, same for County Champs.

Entry Fees **Keith Ward Meeting only** £3.00 per event, to include **Norfolk County Champs** extra £2.00 per event.

Max 2 events U11, Max 3 events U13/U15/U17, Rest 5.

Cheques made payable to **West Norfolk AC**

Please send entry form with **SAE (A5)** to

Wally Oliver, 25 Old Vicarage Park, Narborough, King's Lynn, Norfolk, PE32 1TG. Tel 01760 337186

Entry Forms available on Website www.westnorfolkac.co.uk Photocopy of form acceptable.

Timetable and Numbers will be sent a.s.a.p. after closing date provided SAE is sent.

Closing Date Monday 16th January 2011. No late entries. No entries on day.

Full Name.....Male/Female.....

DOB..... Age as at 31/01/2012.....

Address.....

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

Tel No.....Affiliated Club.....

Events Entered 1)..... 2)..... 3).....

Seniors only 4)..... 5)..... Entry Fee Enclosed.....

I am an amateur as defined by UKA and agree to abide by their rules. I understand that the organizers will not be liable for the injury, loss or damage howsoever caused to myself, or my property, resulting from this event.

Signed.....(Parent/guardian if under 18) Date.....