

London Indoor Games

Sunday 1 February 2009

Lee Valley Athletics Centre Presents the First London Indoor Games
Age groups U17, U20 and Senior

Track Events

- 10.00 **60m Hurdles Round 1** Men and Women
- 11.00 **60m Hurdles Round 2** Men and Women
- 12.00 **60m Round 1** Men
- 13.15 **60m Round 1** Women
- 14.00 **60m Round 2** Men
- 15.15 **60m Round 2** Women
- 16.00 **200m** Men
- 17.00 **200m** Women
- 18.00 **400m** Men
- 19.00 **400m** Women

All races will be graded within age groups - Oldest and fastest to go first

Field Events

- 10.00 **Long Jump** U17 Men **Pole Vault** Women (2m starting height), **High Jump** U17 Women
- 11.00 **Long Jump** U20 Men **High Jump** Senior & U20 Women
- 12.00 **Long Jump** Senior Men, **Pole Vault** Women (3m starting height), **Shot Putt** Women
- 14.00 **Long Jump** U17 Women **Pole Vault** Men (2m50 Starting height), **Shot Putt** U17 Men
- 15.15 **Long Jump** U20 Women **Shot Putt** U20 Men
- 16.00 **Long Jump** Senior women, **Pole Vault** Men (3m50 Starting height), **Shot Putt** Senior Men

First Name: Surname: Male/Female

Club: Email Address:

Address Date of Birth: Age Group:

..... First Event + (PB):

..... Second Event +(PB):

..... Third Event + (PB):

Postcode:

Entry fee: £5.00 per event (please make cheques payable to LVRPA).

Closing date: Tuesday 27 January 2008. No late entries or entries on the day will be accepted.

Entries limited

Numbers to be collected on the day, at least one hour before the event.

Entries to be confirmed by email where possible



Lee Valley Athletics Centre

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