

METASWITCH INDOOR GAMES
(under UKA Rules)
at Lee Valley Athletics Centre,Edmonton N9 0AR

SUNDAY 12th December 2010 - programme

12.30 60m Hurdles M17,B15,W17,B13,G15,G13 Rd 1
12.50 60m B15,B13,G13,G15 Rd 1
13.30 60m Hurdles M17,B15,W17,B13,G15,G13 Rd 2
13.50 60m B15,B13,G13,G15 Rd 2
14.30 60m W17 Rd 1
15.00 60m M17 Rd 1
15.30 60m W17 Rd 2
16.00 60m M17 Rd 2
16.30 800m B15,B13,G13,G15,W17,W20,SW,VW
17.00 800m M17,M20,SM,VM
17.30 200m B15,B13,G13,G15,W17,W20,SW,VW
18.00 200m M17,M20,SM,VM

13.00 Long J , 15.00 Triple J , 17.00 High J

Entries close Monday 6th December

SUNDAY 2nd January 2011 - programme

12.30 60m Hurdles SM,M20,SW,W20 Round 1
13.10 60m Hurdles SM,M20,SW,W20 Round 2
13.30 60m W20,SW,VW Round 1
14.00 60m M20 Round 1
14.40 60m W20,SW,VW Round 2
15.10 60m M20 Round 2
15.50 400m W17,W20,SW,VW
16.15 400m M17,M20,SM,VM
16.45 60m SM,VM Round 1
17.45 60m SM,VM Round 2

12.30 Pole Vault , 13.00 Shot

Entries close Monday 20th December

FILL IN THE ENTRY FORM BELOW

ENTRY FORM

December 12th Yes/No January 2nd Yes/No
(please circle the date you wish to enter)

Name

Date of Birth

Club

Male/Female(circle)

Email address
(or SAE if not available)

Events

PB

Entry £5 per event sent to: Ray Gibbins,6
Hoecroft Court,Hoe Lane,Enfield ,Middx EN3 5SJ

Please give an EMAIL address for confirmation

Cheques made payable to"ENFIELD & HARINGEY AC"

60m & 60m Hurdles Entries are for 2 races each
i.e Rd 1 and Rd 2 .

Field Events are for ALL groups and will be in pools - start times shown
are for the FIRST POOL ONLY .

The full field event start lists will be available 3 days before the event
- see www.ehac.co.uk/noticeboard .

NO LATE OR ON THE DAY ENTRIES WILL BE ACCEPTED

Full Confirmation of Entry will be by EMAIL