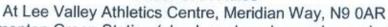
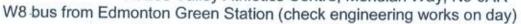


Metaswitch Indoor Games

Under UKA Rules







Sunday '	11 December 2016		Monday 2	2 January 2017	
12.30 60mH	urd B15,B13,G15,G13	Rd 1	12.30 60mHu	rd SM,M20,M17,SW,W20,W1	7 Rd 1
12.50 60m	M17	Rd 1	13.00 60m	Women	Rd 1
13.10 60m	W17	Rd 1	13.20 60m	M20	Rd 1
13.30 60mHurd B15,B13,G15,G13		Rd 2	13.45 60mHu	rd SM,M20,M17,SW,W20,W17	7 Rd 2
13.50 60m	M17	Rd 2	14:20 60m	Women	Rd 2
14.10 60m	W17	Rd 2	14.40 60m	M20	Rd 2
14.30 60m	B15,B13	Rd 1	15.00 400m	W17	
14.50 60m	G15,G13	Rd 1	15.05 400m	Women	
15.10 60m	B15,B13	Rd 2	15.30 400m	M17	
15.30 60m	G15, G13	Rd 2	15.35 400m	Men	
16.00 800m	All Female Age Groups		16.00 60m	SM,VM	Rd 1
16.30 800m	All Male Age Groups		17.00 60m	SM,VM	Rd 2
17.00 200m	All Female Age Groups				
17.30 200m	All Male Age Groups				
13.00 Pole Vault PB up to 2m90 only			13.00 Pole Va	13.00 Pole Vault Start Height 3m Plus Only	
13.00 Girls Long Jump (G15,G13)			13.00 Long Ju	13.00 Long Jump (Women, Men)	
13.00 Shot (SM,M20,M17)			16.00 Triple Ju	16.00 Triple Jump (Men, Women)	
14:30 Shot (S	SW,W20,W17,G15)				
15:30 Boys L	ong Jump (B15,B13)				
16.30 High Ju	ımp (All Age Groups)				
2000	II races will have (El	FOTDON	IIC TIMINOL	throat room fortest 5	

All races will have 'ELECTRONIC TIMING' - 'track races fastest first'

60m Hurdles and 60m - Entry fees are £7.00 for TWO races Round 1 and Round 2 Field Events - 6 trials M&W, 4 trials B&G - except vertical jumps

The full field start lists will be emailed to participants 3 days before event

ENTRIES CLOSE for Sunday 11 December on Monday 5 December ENTRIES CLOSE for Monday 2 January on Friday 23 December

**********************			***************************************
Entry Form - 2016/2	017		
11 December	2 January	(Please Circle Date)	
Name (Please Print).			Male/Female (Please Circle)
Date of Birth	C	lub	Age Group:
Email Address (for ad	cknowledgement)	***************************************	TENTE CONTRACTOR OF THE TAXABLE OF TAXABLE OF THE TAXABLE OF TAXAB
EVENTS		PB for Grading	
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ENTRIES CT OO DOE	ought Charter t	- be seed as able to ENEIGH D 0 H	ADMICENTA

Cheques to be made payable to ENFIELD & HARINGEY AC and sent to:

Ray Gibbins: 6 Hoecroft Court, Hoe Lane, Enfield, EN3 5SJ Acknowledgements by email - PLEASE PRINT CLEARLY

NO LATE OR ON THE DAY ENTRIES WILL BE ACCEPTED