



### Sunday 11 December 2016

12.30 60mHurd B15,B13,G15,G13	Rd 1
12.50 60m M17	Rd 1
13.10 60m W17	Rd 1
13.30 60mHurd B15,B13,G15,G13	Rd 2
13.50 60m M17	Rd 2
14.10 60m W17	Rd 2
14.30 60m B15,B13	Rd 1
14.50 60m G15,G13	Rd 1
15.10 60m B15,B13	Rd 2
15.30 60m G15, G13	Rd 2
16.00 800m All Female Age Groups	
16.30 800m All Male Age Groups	
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 Girls Long Jump (G15,G13)	
13.00 Shot (SM,M20,M17)	
14:30 Shot (SW,W20,W17,G15)	
15:30 Boys Long Jump (B15,B13)	
16.30 High Jump (All Age Groups)	

### Monday 2 January 2017

12.30 60mHurd SM,M20,M17,SW,W20,W17	Rd 1
13.00 60m Women	Rd 1
13.20 60m M20	Rd 1
13.45 60mHurd SM,M20,M17,SW,W20,W17	Rd 2
14:20 60m Women	Rd 2
14.40 60m M20	Rd 2
15.00 400m W17	
15.05 400m Women	
15.30 400m M17	
15.35 400m Men	
16.00 60m SM,VM	Rd 1
17.00 60m SM,VM	Rd 2

13.00 Pole Vault Start Height 3m Plus Only

13.00 Long Jump (Women, Men)

16.00 Triple Jump (Men, Women)

**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 - 2016/2017

11 December                      2 January                      (Please Circle Date)

Name (Please Print)..... Male/Female (Please Circle)

Date of Birth..... Club..... Age Group:.....

Email Address (for acknowledgement).....

#### EVENTS

PB for Grading

**ENTRIES £7.00 Per event** 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**