



# Metaswitch Indoor Games

**Saturday 30 December 2017**

1400 60m Hurdles	G15,W17,SW/W20,M17,M20,SM	Round 1
1515 60m Hurdles	G15,W17,SW/W20,M17,M20,SM	Round 2
1630 400m	W17, Women	
1650 400m	M17, Men	
1715 800m	W17, Women	
1740 800m	M17, Men	
1815 200m	W17, Women	
1840 200m	M17, Men	
1400	Womens Pole Vault (start height 2.43m)	
1400	Mens Long Jump	
1530	Womens Long Jump	
1700	Mens Pole Vault (start height 3.43m)	
1700	Womens High Jump (start height 1.33m)	
1700	Mens High Jump (start height 1.63m)	

60m Hurdles - Entry fees are for **TWO** races Round 1 and Round 2  
Long Jump - 3 trials plus 3 further trials for top 8

**ENTRIES CLOSE at 11.59pm on Tuesday 26th December 2017**

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

Name (Please Print)..... Date of Birth .....

Email Address ..... Club.....

Please Circle :    Male    Female

EVENTS	PB for Grading
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**ENTRIES £8 Per event** FIELD ENTRIES can only be made ONLINE at [www.entry4sports.co.uk](http://www.entry4sports.co.uk)  
TRACK EVENTS can be made ONLINE or will be accepted by Ray Gibbins  
(a confirmation will be made by email - PLEASE PRINT CLEARLY -  
from [raypenton1@hotmail.com](mailto:raypenton1@hotmail.com))  
cheques to be made payable to **ENFIELD & HARINGEY AC** and sent to:  
Ray Gibbins: 6 Hoecroft Court, Hoe Lane, Enfield, EN3 5SJ

**NO LATE OR ON THE DAY ENTRIES WILL BE ACCEPTED**