**Liverpool Throws and Jumps Competition**

The Original Throws & Jumps Established 2004 at Liverpool Harriers & AC

@ Wavertree Athletics’ Centre

Start of Season Competition or 14th September 2019

**Permit applied for**

**Athletes attaining standard will get a further 3 throws or jumps U15 will have 4 trials only**

**U13 can only compete in shot using U15 weight H/Jump - L/Jump**

**Competitors will only be able to compete in one age group on the day**

**Medals for 1st 2nd and 3rd placed athletes in all events**

**Due to lack of entries over the last couple of competitions**

**POLE VAULT WONT BE AVAILABLE**

**CLOSING DATE Postal Entries Monday  9th September 2019**

**CLOSING TIME for on line entries Sunday 8th @  6pm p.m. No entries after this time or date.**

**Forms also available from www.noeaa-athletics.org.uk    www.hammercircle.com**

**Start 10am Javelin Male / Female Sen- U20, Shot all Male Events as**

**Followed by; Triple Jump, High Jump, Hammer, Long Jump, Discus**

**Approximate time table will be available on the Webb site Wednesday 8th on the day times may alter**

**Enter Early as Not to Be Disappointed**

**Surname\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Forename \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PostCode\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EA/UKA Reg number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Club\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E\_Mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**D.O.B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Male \_\_\_\_\_\_\_\_\_\_Female\_\_\_\_\_\_\_\_\_\_\_\_\_Age Group    Sen  U20    U17    U15**

**(u13 shot in H/J & L/J using u15 weights )   ALL U13 will compete with u15s M/F**

**1St Event\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PB \_\_\_\_\_\_\_\_  2nd  Event\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PB.\_\_\_\_\_\_\_3rd Event\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PB.\_\_\_\_\_\_\_\_**

**Start Height for seeding ; High Jump\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Entry Fee, £10.00 one event   £12.00 For two    £14.00 For three   Total £\_\_\_\_\_**

**Payments by pay-pal or cheques no pay on day**

**Pay Pal preferred paypal,me/ronnieltj**

**Cheque's made out to Liverpool Harriers & AC**

**c/o Mr R Bomba, 69 Meadow Lane, West Derby, Liverpool L12 5EB**

**e-mail  ronnie@liverpoolthrowsjumps.co.uk    web site** [**www.liverpoolthrowsjumps.co.uk**](http://www.liverpoolthrowsjumps.co.uk)

**Cheque's with card details on back please, none attendance entry money will not be refunded**