

Southport Waterloo AC

Open T&F Medal Meeting

Inc the Larry Hyland 1 Mile Races

Held under UKA Rules: UKA Licence: OUT 24/664

Saturday 7th September 2024

@ Litherland Sports Park, Boundary Road, Liverpool L21 7LA

(Close to M57 & M58 – visit www.sw-ac.co.uk for directions)

Starting at: 11.00 am Field, 12 noon Track

Events

	<i>Max 3 events for all ages other than Senior</i>
Under 9 Girls	75m, 150m, 600m, LJ, Vortex Ball - <i>Minimum age 7 years</i>
Under 9 Boys	75m, 150m, 600m, LJ, Vortex Ball - <i>Minimum age 7 years</i>
Under 11 Girls	75m, 150m, 600m, 60m hurdles ¹ , LJ, Vortex Ball
Under 11 Boys	75m, 150m, 600m, 60m hurdles ¹ , LJ, Vortex Ball
Under 13 Girls	100m, 200m, 800m or 1 mile, 70m hurdles ¹ , LJ, HJ, javelin, shot, discus, Pole Vault
Under 13 Boys	100m, 200m, 800m or 1 mile, 75m hurdles ¹ , LJ, HJ, javelin, shot, discus Pole Vault
Under 15 Girls	100m, 200m, 300m, 800m or 1 Mile or 3000m, 75m hurdles, LJ, HJ, javelin, shot, discus, Pole Vault
Under 15 Boys	100m, 200m, 300m, 800m or 1 Mile or 3000m, 80m hurdles, LJ, HJ, javelin, shot, discus, Pole Vault
Under 17 Women	100m, 200m, 300m, 800m, 1 Mile, 3000m, 80m hurdles, LJ, HJ, javelin, shot, discus, Pole Vault
Under 17 Men	100m, 200m, 400m, 800m, 1 Mile, 3000m, 100m hurdles, LJ, HJ, javelin, shot, discus, Pole Vault
Senior Women	100m, 200m, 400m, 800m, 1 Mile, 3000m, 100m hurdles, LJ, HJ, javelin, shot, discus, Pole Vault
Senior Men	100m, 200m, 400m, 800m, 1 Mile, 3000m, 110m hurdles, LJ, HJ, javelin, shot, discus, Pole Vault

1 Only available to those who have trained over hurdles

2 Pole Vault will be split into lower heights by pb in the morning, higher heights in the afternoon. Entrants will have this confirmed directly by e mail once timetable is published.

(If time permits, there will be an opportunity for 4 x 100m relays at the end of the meeting. No entry needed and no medals.)

Races are straight finals or run as time trials. **Medals** will be awarded to 1st, 2nd & 3rd in each event. £20 **prizes** for best performance per age groups Under 13 to Under 17 based on AAA Graded Standards.

ONLINE ENTRIES ONLY £6 for 1 event, £11 for 2 events, £15 for 3 events.

Entries via [SportSoft Entries & Results \(race-results.co.uk\)](http://SportSoft Entries & Results (race-results.co.uk))

Numbers to be collected on the day.

See web site www.sw-ac.co.uk for **On-line entry link** and a provisional timetable nearer the time.

Closing date for entries is Monday 2nd September

THERE ARE NO ENTRIES ON THE DAY
