



Run, Jump, Throw Series

Hallam University Athletics Track, Stadium Way, Sheffield S9 3HL

Wednesday 23rd of May

Wednesday 20th of June

Wednesday 4th of July

TRACK

1815: 800m U11/U13
 1825: 400m
 1830: 3000m
 1845: 400mH/300mH U17+
 1850: U11/U13
 1910: 100m
 1930: 800m BMC
 Open 800m will follow
 2015: 200m
 2050: 1500m BMC open
1500m

FIELD

1730: PV -3m | 1950: PV +3m
 1815: LJ -4.30m
 1830: SP -8m
 1900: JT
 1930: LJ + 4.30m
 1930: SP +8m
 2000: DT

TRACK

1800: Race Walk 1km/3km
 1825: 800m U11/U13
 1840: Sprint Hurdles
 1845: 100m U11/U13
 1910: 100m
 1930: 1500 BMC and open
 2010: 400m
 2040: 800m BMC and open

FIELD

1730: PV -3m | 1915: PV +3m
 1815: HJ -1.4m
 1830: JT
 1930: HJ 1.40m
 1930: TJ
 1930: JT
 2000: DT

TRACK

1830: 3000m
 1850: 400m and 400m Hurdles
 1900: 100m
 1930: 800m BMC
 Open 800m will follow
 2015: 1 Mile BMC

FIELD

1730: PV -3m | 1915: +3m
 1815: LJ -4.30m
 1830: HT
 1830: SP +8m
 1930: TJ/LJ +4.30m
 1930: DT

Online entry fee £6 and
 £2.50 per additional event
 entry @ www.race-results.co.uk

Postal entry fee £8 per entry, £5
 per additional event. Entries to:
 Run Jump Throw Series Sheffield
 59 Windle Court, Rotherham, S60 5UX

On the day entry fee:
 £7 first event and then
 £4 per additional event.



Run, Jump, Throw Series Entry Form

Venue Info:

Hallam University Athletics Track, Stadium Way, Sheffield S9 3HL

Name	
DOB	
Age	
Gender	
Email	
Fee enclosed	
EA Reg No.	

	Events Entered	PB
1)		
2)		
3)		

No:

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