



Run Jump Throw

*The English Institute of Sport Sheffield,
Coleridge Road, Sheffield S9 5DA*

Wednesday 12th December	Wednesday 23rd January	Tuesday 5th February
<p>TRACK</p> <p>1815: U11/13 60m 1830: U11/13 600m 1845: 60m U15+ 1915: 3km 1930: 60m 2nd round 1950: 800m BMC (paced) <i>Open 800m will follow</i> 2015: 200m</p> <p>FIELD</p> <p>1800: PV (below 3m) 1830: LJ (Below 5m) 1930: Vortex throw 2000: LJ (+5m) 1900: SP (below 10m) 1930: PV (+3m) 2000: SP (+10m)</p>	<p>TRACK</p> <p>1815: U13/U11 60m 1830: 3000m 1845: Sprint Hurdles 1900: 800m Open 1930: 60m 2000: 800m (paced) 2045: 200m 2100: 1500m (paced)</p> <p>FIELD</p> <p>1830: LJ (below 5m) 1830: PV (below 3m) 1930: Vortex throw 1930: LJ (above 5m) 1930: TJ 1930: SP 1930: PV (+3m)</p>	<p>TRACK</p> <p>1815: U11/U13 60m 1830: 3000m 1845: 60m 1920: 400m 1930: 800m BMC (paced) 800m open 2015: 200m 2045: 1500m (paced)</p> <p>FIELD</p> <p>1800: PV (below 3m) 1815: HJ (below 1.4m) 1930: Vortex throw 2000: HJ (+1.5m) 1900: SP (below 10m) 1930: PV (+3m) 2000: SP (+10m)</p>

Online entry fee £6 and £3 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.