



SPAR Sprints Pre-Season Indoor Competition

Saturday 21 March 2009

Loughborough University

As part of the SPAR Initiative this will be a pre-season graded sprints and hurdles competition for all athletes

- Two series of races for the Sprints (U15 / U17 / U20) and Hurdles (U15 / U17 / U20)
 - Series A: 60m hurdles / 60m sprints graded by entry information
 - Series B: 75 / 80 / 100 / 110m hurdles / 100m sprints graded by performance in series A events
 - Electronic timing
 - £4.00 Entry Fee Covers all Events

For more information and entry forms email Ted Grey at ted@yet2.demon.co.uk or visit the England Athletics Website www.englandathletics.org/east-midlands

SPAR SPRINTS and HURDLES COMPETITION
LOUGHBOROUGH HPC
Saturday 21st March 2009

Series A: 60m hurdles

1.15 U15 Girls
 U17 Girls
 U15 boys
 U20 Women
 U17 Boys
 U20 Men

Series A - 60m Sprints

2.00 U15 Girls
 U15 Boys
 U17 Girls
 U17 Boys
 U20 Ladies
 U20 Men

2.50 Interval

Series B: Hurdles

3.15 U15 Girls 75mH
 U17 Girls 80mH
 U15 Boys 80mH
 U20 Women 100mH
 U17 Boys 100mH
 U20 Men 110H

Series B: 100m Sprints

4.10 U15 Girls
 U20 Boys
 U17 Girls
 U17 Boys
 U20 Ladies
 U20 Men

Heats where necessary in the longer races will be graded on performance in the 60 m races



SPAR Sprints and Hurdles Competition
Loughborough University High Performance Athletics Centre
Saturday 21st March 2009: 1.00pm – 5.00pm
Competitions Held Under UK Athletics Rules

Two series of races for the Sprints (U15 / U17 / U20) and Hurdles (U15 / U17 / U20)
Series A: 60m hurdles / 60m sprints graded by entry information
Series B: 75 / 80 / 100 / 110m hurdles / 100m sprints graded by performance in the 60m

Age groups	Under 20 Men/Women	over 17 but under 20 on 31 December 2009
	Under 17 Men/Women	over 15 but U17 on 31 August 2009
	Under 15 Boys/Girls	over 13 but under 15 on 31 August 2009

ENTRY FEE: £4.00 covers all events. Cheques payable to England Athletics
Postal entries only; timetables and numbers will be available for collection on the day of the event.

Entries close **Sunday 15 March 2009** to:
Midland Counties AA, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2LR 0121 344 4201 – please enclose a correctly stamped self addressed envelope for confirmation of entry.

(Due to recent problems with the postal service we recommend obtaining a proof of postage)

Provisional timings for track events

1.15	Series A: 60m hurdles U15/ U17/U20
2.00	Series A: 60m sprints U15/U17/U20
3.15	Series B: 75/80/100/110m hurdles
4.10	Series B: 100m sprints

No entries on the day. General enquiries to Ted Grey tel: 01623 861 027 / email: ted@yet2.demon.co.uk / website: www.englandathletics.org

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ENTRY FORM

Name Club.....

Address.....

.....

Telephone Number.....Email.....

Date of Birth Age group.....

Please circle the event (s) you wish to enter and state your best performance for 2008:

Sprints

Hurdles

Entry fee £.....

I hereby declare that I am an amateur as defined by UK Athletics Rules.

SignedDate.....

(must be a parent/guardian/carer if under 16)

Data Protection Act: Please tick the box if you consent to information on this form being passed to any other Athletic Association/Body or event promoter