

# SOUTH LONDON ATHLETIC NETWORK OPEN MEETING

With Electronic timing  
**ENTRY FORM**

Indoor Events: 60 m, Pole Vault (Competition A or B)  
Age Groups: U/13, U/15, U/17, U20, and Senior  
Sunday 3rd January 2016

David Weir Arena Middleton Road Carshalton Surrey SM5 1SL

Indoor Events please see timetable below:

The Pole Vault will be split into 2 competitions A & B – A will have no minimum starting height and the second B with a starting height 3.20 for males & females.

*Please note the bar will not go beyond 3.20 for the morning competition. If a competitor wishes to go beyond this height they will be encouraged to compete in the 2pm competition which will follow.*

Entry £7 per event online @  
<http://events.eightlane.org/event/south-london-athletic-network-open-meeting/>

Enquiries should be made to [ben@bennoadcoaching.com](mailto:ben@bennoadcoaching.com).

Entries on the day will be £10 per event

NO ENTRIES on the day on the day for 60m after 11-15am.

Electronic timing provided Surrey County (Michael Scott)

Under UKA Rules



# SOUTH LONDON ATHLETIC NETWORK OPEN MEETING

## TIMETABLE

### INDOOR EVENTS

#### 60m

1<sup>st</sup> Round 12.00PM (All Age groups Senior's 1<sup>st</sup> down to U13's seeded on gender & PB's/seasons best)

2<sup>nd</sup> Round 2.pm (seeded by 1<sup>st</sup> Round regardless of gender)

3<sup>rd</sup> Round 3-45pm (seeded on 2<sup>nd</sup> round)

Pole Vault 11.30AM Men and Women no minimum starting height –Please note the bar will not go beyond 3.20 If a competitor wishes to go beyond this height they will be encouraged to compete in the 2pm competition.

2.00 PM Men & Women 3.20 starting height

### UNDER UKA RULES

