North Yorkshire Indoor Athletics Competition

Sunday 15 December 2019, 11.30 to 4.00pm

At the English Institute of Sport, Coleridge Rd, Sheffield S9 5DA

Event open to athletes from Schools, Clubs, Resident in North Yorkshire.

In general no U11, 13, 15 other than North Yorkshire, unless specially invited.

Seniors – guests generally fine. Uni students fine. But maybe not large local groups filling the entry.

A great opportunity for North Yorkshire athletes to compete at this excellent facility

Ages as on 31 August 2020 – Note that athletes are now in Next Summer’s Age Groups

Under 13 = usually Year 6 and 7 Under 15 = usually Year 8 and 9 Under 17 = usually Year 10 and 11

Under 11 – Year 5 only + Year 4 siblings / children of other competitors who will be there anyway.

60m, 150m, 600m, long jump.

Under 13 – 60m, 200m, 800m, Hurdles, Long Jump, High Jump, Shot. Also U12 hurdles, 68cm, 6.5m spacing

Under 15 – 60m, 200m, 300m, 800m, Hurdles, Long Jump, High Jump, Shot

Under 17 & Senior – 60m, 200m, 300 / 400, 800m, 1500m, Hurdles, Long Jump, High Jump, Triple J, Shot.

Under 15 may compete in the 1500 and the Triple Jump but no Under 15 awards, count as U17

The 1500 is Open to any including Non-North Yorkshire. Graded races, will be competitive.

Also Pentathlon (U15 and older, U13 very restricted). Hurdles, high jump, long jump, shot, 800 / 1000m

Pentathlon limited to 18 athletes, reserved for North Yorkshire athletes until 27 November.

Guest Students wanting to get a performance for their BUCS Entry are welcome. Just enter on the form.

Those wishing to film for exam purposes will be allowed in the arena if they ask in advance.

Athletes doing Shot and not much else will be able to do 2 shot competitions.

Hurdles – Heights and spacings are same as outdoors. Can compete in 2019 Age Group for hurdles if wish

High Jump opening height – Under 13 = 1.10m, Under 15G = 1.20m, B = 1.30m, Under 17W = 1.25, M = 1.40

Awards to the first 3 North Yorks in each event, Under 11, 13, 15, 17. Senior to Winner only.

Except pentathlon and 1500 are Open, so awards to first 3 from anywhere.

There will be 4 x 200m relays at the end – enter on the day, no fee, no prizes.

Total entries will be limited to 160 athletes. Apply early.

No entries on the day. Entries close Tuesday 10 December. After that date, try the email address.

Existing entries will be able to change their event nearer the date when the timetable is done.

If an Age Group has no entries in an event on 10 Dec, that event will be cancelled so no later entries possible.

Website www.davepaver.co.uk N Yorks Indoor page. Email coyacevent@hotmail.co.uk

The timetable will be on the website from 10 December.

Combining hurdles, sprints, 300/400 will be possible on the timetable. 400 / 800 / 1500 not recommended.

Help with officiating will be needed. Please offer with entry. Free entry for 1 athlete if you are officiating.

Entry fee (up to Tues 10 December) – £5 per event, £12 for 3 events, £15 for pentathlon

Any allowed after 11 Dec - £6 per event. Cheques to – North Yorkshire Athletic Network

Send to - Athletics Entry, 16 Northfield Ave, Wetherby LS22 6TD

Or email form, pay online to that account, sort code 309391 account 37081768 give athletes name as reference

Or you can give to Dave Paver at an event, with form and money in an envelope.

Collect number on the day. Timetable and info will be on website.

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To – Athletics Entry, 16 Northfield Ave, Wetherby LS22 6TD coyacevent@hotmail.co.uk

Name: Date of Birth: Male / Female

Email : Age Group:

Phone Number: Club or School

Events entered (Maximum 3)