

# Newport Harriers Club Championships 2019

## **Age Groups:**

**Under 9's (School Year 3)**

**Under 11's (School Years 4 & 5)**

**Under 13's (School Years 6 & 7)**

**Under 15's (School Years 8 & 9)**

**Under 17's (School Years 10 & 11)**

**Under 20's; Seniors**

**Closing date for entries Thursday 21<sup>st</sup> March**

## **Information for athletes**

1. Please note that the timetable is indicative and might be subject to change. Updates will be posted to the website and social media in light of any events changing.
2. Field event athletes; all competitions will be limited to 3 trials per athlete.
3. Athletes are permitted to enter up to 3 events per evening
4. **Track** – please note the **fastest three performances in each age group will receive medals and not the first three in each race**

**If you pay monthly, your entry fees are covered by the terms of your membership; no additional fees are required.**

**If you pay on the door please enclose the correct fee with this form; no money will be collected on these nights.**

*Please note: the club championships medals for the following events will be awarded to the athletes that places first from Newport Harriers' participants in the East Wales Regional Championships;*

- *Triple Jump*
- *Steeplechase*
- *300 / 400m*
- *Walks*
- *Hammer Throw*
- *Pole Vault*

## **Parents:**

Events like the club championships can only take place with your support. Firstly, thank you for providing your child/ children with the opportunity to participate in athletics and be a part of Newport Harriers AC; with over 120 years of providing athletic opportunities in Newport we are one of Wales leading providers of all forms of the sport and offer inclusive opportunities to all our members.

If you are new to the sport and would be willing to lend a hand within the events as your children compete, you get the fantastic opportunity of being right in the area where the action happens. If you do not have experience, please do not let this put you off. We are running an informal workshop on *volunteering in athletic competitions* on Tuesday 12<sup>th</sup> March from 6:45 – 7:45. Come and join us to find out more about how our volunteers help on event days and further opportunities to support the children in their sport.

**Many thanks,**

**The Newport Harriers Committee**

<b>Tuesday 2<sup>nd</sup> April</b>	<b>Event</b>	<b>Tick for entry</b>	<b>Age Group</b>	<b>PB/SB</b>	<b>Thursday 4<sup>th</sup> April</b>	<b>Event</b>	<b>Tick for entry</b>	<b>Age Group</b>	<b>PB/SB</b>
<b>Track Programme</b>									
5:30	75m		U9's and U11's		5:30	150m		U9's and U11's	
6:00	100m		U13's and up		6:00	200m		U13's and up	
7:05	800m		U9s and up		7:05	1500m		U13's and up	
8:00	300m		U15 boys and girls		8:00	Sprint Hurdles		U13's and up	
8:15	400m		U17 and up		TBC	300m If sufficient demand)		U17s and up	
<b>Field Programme</b>									
6:00	Shot put		U11 &U13 boys		6:00	HJ		U13 boys and girls	
6:30	Shot put		U11 &U13 girls		6:40	HJ		U15 and up male	
6:50	Shot put		U15's and up male and female		7:20	HJ		U15 and up female	
6:45	Javelin		U17 and up male and female		6:30	LJ		U9 and U11	
7:10	Javelin		U13 and 15 girls		6:00	DT		U17 and up	
7:25	Javelin		U13 and 15 boys		6:45	DT		U13 male and female	
6:30	LJ		U13's boys and girls		7:30	DT		U15 male and female	
7:05	LJ		U15 and up male and female						
6:30	Whistler throw		U9		6:30	Javelin		U11	