

**Entry fee £5.00** covers 3 events, Closing date for Entries  
Wednesday April 6th 2016

**Athletes age 10** and over on the day are eligible to enter.

**Postal entries with Cheque** payable to Yate & District AC to :-  
Bibstone Cottage, Cromhall, Wotton-under-edge, Glos GL12 8AE  
Do not send recorded delivery items.

**Email entries and Bank transfer** to [GraTimHow@aol.com](mailto:GraTimHow@aol.com) with  
entry fee into a/c 00112070 Sort Code 60-10-15 using Athlete  
name in the transaction reference.

Entries will be confirmed by email on receipt of entry fee, if you  
don't get a response before the closing date please make contact.

Collect numbers on the day.

There are no Entries or Payments on the day.

Once entries have closed, Heats seeded and Final timetable  
produced, entries will not be changed.

# SPRINTS & HURDLES CHALLENGE

**Celebrate your speed**

YATE OUTDOOR SPORTS COMPLEX  
SUNDAY 10<sup>th</sup> APRIL 2016

Electronic Photo-Finish timing & Wind Readings

First event 1pm

100m, 200m, 300m, 400m,  
Wheelchair (100m,200m,400m)  
70mH, 75mH, 80mH, 100mH, 110mH  
300mH, 400mH

Races will be seeded on Best times

Details – Graham Howell  
Email – [GraTimHow@aol.com](mailto:GraTimHow@aol.com)  
Tel – 01454 261458

# SPRINTS & HURDLES CHALLENGE

## YATE OUTDOOR SPORTS COMPLEX

### SUNDAY 10<sup>th</sup> APRIL 2016

#### PROVISIONAL TIMETABLE

(May change depending on entries)

13:00	300m
13:15	400m Wheelchair
13:25	400m
13:40	70m Hurdles (68.5)
13:45	75m Hurdles (76.2)
13:50	80m Hurdles (76.2)
13:55	80m Hurdles (84.0)
14:00	100m Hurdles (84.0)
14:05	100m Hurdles (91.4)
14:10	110m Hurdles (99.0)
14:15	110m Hurdles (106.7)
14:25	100m Wheelchair
14:35	100m
16:05	200m Wheelchair
16:15	200m
17:35	300m Hurdles (76.2)
17:45	400m Hurdles (76.2)
	400m Hurdles (84.0)
	400m Hurdles (91.4)

Athletes are not restricted to sprint hurdles events relevant to their age category and should specify the hurdle height on their entry if it is not the height standard for their age category.

**Print all details clearly**

Name			
Club			
Email			
NGB Registration Number			
Telephone			

Date of Birth		Gender	
		M/F	
Age Category		or IPC Classification	

I wish to enter the selected events below,  
Heats are seeded by season best times and run slowest to fastest.

Event	Seasons best Time (2015) or estimate

I have enclosed £5 Cheque for entry Fee	
I will bank transfer £5 into a/c 00112070 Sort Code 60-10-15 Use athletes name in the transfer reference	