

# NORTHERN IRELAND MASTERS TRACK & FIELD CHAMPIONSHIPS

SATURDAY 30 JUNE at BANGOR SPORTSPLEX

Start Time: Field (Hammer) 11.00 -- Track 12.15

## Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Tel/Mobile No: \_\_\_\_\_

Date of Birth : \_\_\_\_\_ Age Group : \_\_\_\_\_

Registration Number : \_\_\_\_\_ Email : \_\_\_\_\_

Club : \_\_\_\_\_

Please tick events that you wish to enter :

### Women

100m \_\_\_ 1500m \_\_\_ 3000 Walk \_\_\_ High Jump \_\_\_ Shot \_\_\_  
200m \_\_\_ 3000m \_\_\_ 10000m incorporating Open Championship \_\_\_  
400m \_\_\_ 100m Hurdles \_\_\_ Long Jump \_\_\_ Discus \_\_\_ Javelin \_\_\_  
800m \_\_\_ 300m/400m Hurdles \_\_\_ Hammer \_\_\_ Triple Jump \_\_\_

### Men

100m \_\_\_ 1500m \_\_\_ 3000m Walk \_\_\_ High Jump \_\_\_ Shot \_\_\_  
200m \_\_\_ 5000m \_\_\_ 10000m incorporating Open Championships \_\_\_  
400m \_\_\_ 110m Hurdles \_\_\_ Long Jump \_\_\_ Discus \_\_\_ Javelin \_\_\_  
800m \_\_\_ 400m Hurdles \_\_\_ Hammer \_\_\_ Triple Jump \_\_\_

Please list Personal Bests of each event entered :

Event \_\_\_\_\_  
PB \_\_\_\_\_

Timetable to be confirmed.

Fee enclosed : \_\_\_\_\_ (No Fee, No Entry)

£7 non-affiliated / £5 affiliated for first event.

Each extra event £3 up to closing date 16 June 2012.

Late entries on the day up to 12.15pm at double the fee.

ENTRIES to Athletics House, Old Coach Road, Belfast BT9 5PR