

LONGWOOD HARRIERS A. C.

TRACK & FIELD CHAMPIONSHIPS 2015

TUESDAY 8th SEPTEMBER

Under 11's	75m.	600m.	Long Jump
Under 13's	100m.	800m.	Long Jump
Under 15's	100m.	800m.	Long Jump
Under 17 & Under 20's	100m.	800m.	Long Jump

THURSDAY 10th SEPTEMBER

Under 11's	150m.	Shot Putt.	Howler Throw
Under 13's	300m.	Shot Putt	High Jump.
Under 15's	300m.	Shot Putt	High Jump
Under 17 & Under 20's	400m	Shot Putt	High Jump

START 6.30pm. each night. Normal Training Suspended

Competition open to members only. Usual training fees apply.

Ages as at 31st August 2015 apply.

Competitors should wear Club Vests or blue T shirts.

Medals to all winners plus Championship medals.

Club championship based on best places over 5 events.

Help from Seniors and Parents to act as officials will be appreciated.