

**CAMBRIDGESHIRE AA OPEN THROWS DEVELOPMENT MEETING
SATURDAY 24th MARCH 2012
UNIVERSITY TRACK, WILBERFORCE ROAD, CAMBRIDGE**

SURNAME

CHRISTIAN NAME(S)

HOME ADDRESS

TELEPHONE e-mail

DOB & AGE GROUP

CLUB and/or SCHOOL

EVENTS OFFERED Hammer, Discus, Shot, Javelin – 6 trials for everyone.

ELIGIBLE AGE RANGE U13, U15, U17, U20, Senior, Veterans – **sorry no under 13's in Hammer**
(FOR ALL EVENTS) Note – U13's, U15's and U17's may only compete in three events (UKA rules)

IMPLEMENTS The correct implements for your 2012 competition age-group (Vets as age on day)

EVENTS ENTERED
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FEE PAID (£3.00 per event)

Payment by Cheque or Postal order payable to **Cambridgeshire AA Development Group. PLEASE NO CASH!**

If confirmation or directions are required, an e-mail address (print carefully please) or a stamped SAE must be provided.

This form, when completed, should be sent to : N S Moss, 18 Hunts Road, Duxford, Cambs. CB22 4RE
(Tel 01223 833470 e-mail noelmoss@btinternet.com)

The event is Open to athletes from all Counties in the East Region.

Th formal closing date is March 15th, but entries will be closed earlier if maximum numbers are reached (this normally happens so early entry is advised).

Entries will be accepted on a first-come first-served basis until the maximum number per event is reached.

Proposed timetable for March 24th is

10.30	Males Hammer (U20/Sen/Vet)	Females Shot
11.25	Males hammer (U15/U17)	Males Shot (U20/Sen/Vet)
12.20	Females Hammer	Males Shot (U17/U15/U13)
13.15	Males Discus (U17/U15/U13)	Females Javelin
14.30	Males Discus (U20/Sen/Vet)	Males Javelin (U17/U15/U13)
15.50	Females Discus	Males Javelin (U20/Sen/Vet)

Finish by 16.45

This may change depending on the distribution of the entries – final timetable will be e-mailed during the preceding week.

Athletes will be permitted to have free discussions with their coaches between throws. Otherwise UKA rules apply

Hot drinks should be available to purchase this year, but please bring your own food

Further copies of this form can be found on the Cambs AA website at www.cambsathletics.org.uk