

Notts Athletic Club
Presents
Spring Spruce Open Meeting
Harvey Hadden Stadium— 18th April 2010

First event 9.30 (All declarations must be 1 hour before event).

U11 B 80m, 150m, 600m, LJ, HJ	U11G 80m, 150m, 600m, LJ, HJ
U13B 100m, 200m, 800m, 75mH, LJ, HJ, SP, JV	U13G 100m, 200m, 800m, 70mH, LJ, HJ, SP, JV
U15B 100m, 200m, 400m, 800m, 80mH, LJ, SP, HT, JV, HJ, DT	U15G 100m, 200m, 800m, 75mH, LJ, SP, JV, HJ, DT
U17M 100m, 200m, 400m, 800m, 1500m, 2000m S/C, 100mH, 400mH, HJ, LJ, SP, DT, HT, JV, PV	
U17W 100m, 200m, 300m, 800m, 1500m, 1500m S/C, 80mH, 300mH, HJ, LJ, SP, DT, HT, JV, PV	
Jnr / Snr / Vet Men 100m, 200m, 400m, 800m, 1500m, 2000m S/C, Sprint H, 400mH, HJ, LJ, PV, HT, SP, DT, JV	
Jnr / Snr / Vet Women 100m, 200m, 400m, 800m, 1500m, 1500m S/C, 100mH, 400mH, HJ, LJ, PV, HT, SP, DT, JV	

All Track events time trials only. All field events limited to three trials.

ENTRY FEES (Max. four events)

	Pre Entry	Entry on day
1 Event	£3.50	+ £1.50
2 Events	£6.00	+ £2.50
3 Events	£9.00	+ £3.00
4 Events	£10.00	+ £3.50

Cheques payable to NOTTS ATHLETIC CLUB.

Entries to:

Justine Payne, 3 Enderby Gardens, Redhill, Nottingham, NG5 8LX

Send Stamped addressed envelope (A5 size) for numbers & timetable.

In the event of a query please Tel: 0779 5025814 **CLOSING DATE: FRIDAY 10th April 2010.**

2010 Spring Spruce Entry Form

Name.....

Age Group.....
as at 31st August 2010

DOB.....

Male Female

Address.....

Tel.No.....

Club.....

Event(s) 1)..... 2)..... 3)..... 4).....

Cheque enclosed for £.....