

# Mark Cawte Memorial Meeting - Jumps and Throws

(Permit OUT 19/009)

The County Ground Track, Swindon

30th March 2019. Starting at 10:00

## Field Events

Hammer )  
Javelin )  
Discus ) all age groups  
Shot ) U13 to Senior plus  
High Jump ) U11 for Long jump and Javelin  
Long Jump )  
Weights Triathlon )

### High Jump Starting Heights

U13 - 1.05            U15G - 1.15  
U15B - 1.25        U17W - 1.25  
U17m - 1.35        SW - 1.30  
SM 1.50

### Long Jump

U13                    4 attempts  
All others            3 plus 3 for top 6

**Shot**                    6 throws dependant upon entry

**Discus**                6 throws dependant upon entry

**Javelin**                6 throws dependant upon entry

**Weights Triathlon**    6 throws on each event

**ENTRIES FOR ALL EVENTS WILL CLOSE ON**  
**SATURDAY 23rd MARCH**

Entries and Enquiries to Ray Bell, 43 Beech Close, Faringdon, Oxfordshire, SN7 7EN, email bellrjg@btinternet.com

**CLOSING DATE FOR FIELD ENTRIES TO BE RECEIVED - SATURDAY 23rd MARCH 2019**

Collect numbers on the day, cheques made payable to **Swindon Harriers**

Final Timetable will be published on Swindon Harriers website

### Individual Entries

Juniors - u13 to u17 - £5.00 for up to three events

Seniors - u20 upwards - £10.00 for any number of events

<b>Name</b>		<b>Age Group</b>	
		<b>DoB</b>	

email

Event	PB or predicted for graded events

<b>Club</b>	
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<b>Address</b>	

(As per UKA Rules Under 13, 15 and 17 can only compete in three events)