

**EMAC TRACK & FIELD CHAMPIONSHIPS
SATURDAY 22nd JULY 2017 GARON PARK..SOUTHEND**

1st Field Event 11.00.a.m. 1st Track Event 11.30.a.m

MASTERS ATHLETES POSTAL ENTRY FORM

Fees EMAC/BMAF MEMBERS £8 00 1st Event £4.00 each subsequent event.

Fees NON BMAF MEMBERS £10.00 1st Event £4.00 for each subsequent event .e.g. Any Athlete who is a 1st Claim Member of a UK Athletic Club and who is not a member of a BMAF Masters Club. Athletes Race Number _____.

PRINT FULL NAME _____

MALE/FEMALE _____ .Date of Birth, _____ . MASTERS AGE CAT _____.

ATHLETIC CLUB _____ EA Reg Number. _____

EMAC / BMAF NUMBER.....E.Mail Address _____

EVENTS	Time	Please Tick Event Entered	Enter best two performances last two years
100m Men & Women	12.45		
200m M&W	14.30		
400m M&W	15.30		
800m M&W	12.10		
1500m M&W	15.10		
3000m M&W 1 Race	13.40		
2K Walk 1Race M&W	13.20		
Sprint Hurdles M&W	14.00		
400Hurdles Men 35/59 Women 35 -49	11.45		
300m Hurdles (Men .Over 60 W over 50)	11.30		
HAMMER Men14.30	W.15.30		
SHOT Men 13:00	W.14.30		
DISCUS Men11.00	W.13.15		
JAVELIN Men12.30	W.13.30		
LONG JUMP Men.13.00	W.11.00		
HIGH JUMP Men.12.30	W.13.30		
POLE VAULT Men.11.00	W.1.00		
TRIPLE JUMP Men.14.00	W.12.30		

ATHLETES NOTES _____

CLOSING DATE ;SUNDAY 16th JULY 2017.PLEASE NOTE THAT NO LATE ENTRIES WILL BE ACCEPTED

EMAC /BMAF Members/Guests who do not have internet access can post the entry form and cheque payable to "Southend A.C" to T&F Championships . 62 Symons Avenue,Leigh-on-Sea,Essex.SS9 5QE. .Please print an entry form from the EMAC www.emac.org.uk or Southend.A.C. www.southend-on-sea-athletic-club.co.uk stating clearly which events events you want to be entered into and your best performances in last two years.Important.Please enclose a 110mm X 220mm(DL) 2nd Class addressed envelope if an acknowledgement is required.

Any Queries .E-Mail.Peter Binns .binnsypj@talktalk.net