

EMAC TRACK & FIELD CHAMPIONSHIPS
SATURDAY 20th July 2019 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	M&W	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	M&W 1 Race	13.20		
110m Hurdles	M35-49	14.00		
100m Hurdles	M50-69, W35-39	14.10		
80m Hurdles	M70+, W40+	14.20		
400mHurdles	M35-59 W35-49	12.00		
300mHurdles	M60-79 W50-69	11.45		
200mHurdles	M80+W70+	11.30		
HAMMER	Men11.00	W.12.00		
SHOT	Men 4:00	W.13.00		
DISCUS	Men15.00	W.14.00		
JAVELIN	Men13.00	W.16.00		
LONG JUMP	Men.13.00	W.11.00		
HIGH JUMP	Men.12.30	W.13.30		
POLE VAULT	Men.11.00	W.11.00		
TRIPLE JUMP	Men.14.00	W.12.30		

Each athlete is allowed four jumps or throws in field events. Timings are provisional and may be subject to slight change in light of actual entry numbers

CLOSING DATE: FRIDAY 12 July 2019. PLEASE NOTE THAT NO LATE ENTRIES WILL BE ACCEPTED. Please refer to the note on main timetable about Start Times of the Long Throws

Please post the completed entry form and cheque payable to "Southend A.C" to: EMAC T&F Championships.

25 Grasmoad Avenue,
 Leigh-on-Sea,
 SS9 3LA.

State clearly which 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 stamped addressed envelope if an acknowledgment is required.

Any Queries . John Brock E-Mail johna.brock@virgin.net