

London Indoor Games 2012 SENIOR & U20

Saturday 28 & Sunday 29 January

Saturday 28 January Events:

200m
400m
60m Hurdles (Two Races for Each Athlete)
High Jump (All)
Pole Vault (Women)
Long Jump (Women)
Triple Jump (Men)

Sunday 29 January Events:

3000m Walk
60m (Two Races for Each Athlete)
800m
Triple Jump (Women)
Long Jump (Men)
Pole Vault (Men)
Shot Putt (All)

There will be four attempts for each athlete in all Horizontal Jumps and Shot Putt Competition. Pole Vault opening heights will be determined after the closing date (please see timetable)

Timetable will be available on our website on Tuesday 24 January.

All races will have 'ELECTRONIC TIMING' and will be graded

First Name: Surname:..... Male/Female

Club: Email Address:.....

Address..... Date of Birth:..... Age Group:.....

..... First Event + (PB 2011):.....

..... Second Event +(PB 2011):.....

..... Third Event + (PB 2011):.....

Postcode:.....

Entry fee: £6.50 per event. Please make cheques payable to LVRPA (**Entry fees are non-refundable**).

Closing date: Monday 23 January 2012. No late entries or entries on the day will be accepted. **Entries limited.** Numbers to be collected on the day, at least one hour before the start of your event. Expect for Pole Vault where one hour and thirty minutes is required. Entries will be confirmed by e mail where possible

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Lee Valley Athletics Centre

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