

# YNYS MON IGA & MENAI TRACK & FIELD OPEN MEETING

Under UKA Rules

at

TREBORTH ATHLETICS TRACK, BANGOR, LL57 2RQ  
(Sponsored by Nat West International Island Games Association)



## Sunday 18th September 2016 (11.00 start)

(No Admission fee / No parking fee / Medals for 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> in all events)



**PLEASE COMPLETE THIS ENTRY FORM BY TICKING (☐) THE BOXES BELOW FOR THE EVENTS TO BE ENTERED**

	75m	100m	150m	200m	300m	400m	800m	1500m	3000m	Sprint Hurdles	Long Jump	Shot Put	Javelin
U11G													
U11B													
U13G										70			
U13B										75			
U15G										75			
U15B										80			
U17W										80			
U17M										100			
U20W										100			
U20M										110			
SENW/MWOM										100			
SENM/MMEN										110			

Entry fees: £4 per event; £10 for three events.

Cheques made payable to MENAI TRACK & FIELD

Under 13's cannot compete in 800m and 1500m on the same day.

Under 15's cannot compete in more than one of 800m, 1500m, or 3000m on the same day.

Under 13's & U15's cannot compete in more than three events.

ATHLETE INFO		BIRTH INFORMATION			
Registration Number		Date of Birth			
First Name		Gender		Male or Female	
Surname		Age Group	U11	U13	U15
Club		U17	U20	SEN	MASTER
ADDRESS INFO		CONTACT INFORMATION			
Address		Phone Number Day			
Address		Phone Number Mob			
Address		Email Address			
Town					
County					
Post Code					

**PLEASE RETURN ENTRY FORM, PAYMENT AND STAMPED ADDRESSED ENVELOPE TO:**

**Steve Livett, 40 Lon Conwy, Benllech, Anglesey, LL74 8RP**

**CLOSING DATE 14<sup>TH</sup> SEPTEMBER 2016 (No entries on the day)**

