

METASWITCH INDOOR GAMES

Staged by ENFIELD & HARINGEY AC under UKA Rules

Lee Valley Athletics Centre, 61 Meridian Way (A1055), N9 0AR.

By bus: W8 from Edmonton Green Station or Enfield Town

By Train: 15 minutes walk from Ponders End Station - check for Sunday engineering works

Sunday 13th December

- 1300 60m Hurdles M17, B15, W17, B13, G15, G13 Round 1
- 1320 60m B13, B15, G13, G15 Round 1
- 1400 60m Hurdles M17, B15, W17, B13, G15, G13 Round 2
- 1420 60m B13, B15, G13, G15 Round 2
- 1500 800m B13, B15, G13, G15, W17, W20, SW, VW
- 1530 800m M17, M20, SM, VM
- 1600 200m B13, B15, G13, G15, W17, W20, SW, VW
- 1630 200m M17, M20, SM, VM
- 1715 400m W17, W20, SW, VW
- 1730 400m M17, M20, SM, VM

- *1300 Long Jump
- *1500 High Jump
- *1500 Triple Jump

Sunday 3rd January

- 1200 60m Hurdles SM, M20, SW, W20 Round 1
- 1240 60m Hurdles SM, M20, SW, W20 Round 2
- 1300 60m W17, W20, SW, VW Round 1
- 1340 60m M17 Round 1
- 1420 60m W17, W20, SW, VW Round 2
- 1500 60m M17 Round 2
- 1540 60m M20 Round 1
- 1620 60m SM, VM Round 1
- 1720 60m M20 Round 2
- 1800 60m SM, VM Round 2

- *1200 Pole Vault
- *1300 Shot

Entries Close 7th December

Entries Close 23rd December

60m and 60m Hurdles entries will get two races - Round 1 AND Round 2

*Field events - all groups and will be in pools, start times shown are for the first pool only.

Full field start lists will be posted on www.ehac.co.uk/notices.php three days before meeting.

ENTRY: £5 per event to Ray Gibbins, 6 Hoecroft Court, Hoe Lane , Enfield EN3 5SJ.
Cheques payable to Enfield & Haringey AC. Give email address for acknowledgement

NO LATE OR ON THE DAY ENTRIES WILL BE ACCEPTED

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ENFIELD & HARINGEY AC Indoor Games. December 13th / Jan 3rd (circle)

Name..... Date of Birth.....

Club..... Male / Female (circle)

Event..... PB.....

Event..... PB.....

Event..... PB.....

email address.....