

WELCOME TO THE DASH 2017 GRADED OPEN

**MACMILLAN
CANCER SUPPORT**



SUNDAY 27TH AUGUST

**WE CAN ALL DO
SOMETHING TO HELP**



THE DELL ATHLETICS STADIUM, DY5 4NE

END OF SEASON

OPEN GRADED

SUNDAY 27TH AUGUST 2017

THE DELL ATHLETICS STADIUM, DY5 4NE

	Track		U11		U13		U15		U17		JNR		SNR		Vet	
	Girls	Boys	Girls	Boys	Girls	Boys	Wmn	Men	Wmn	Men	Wmn	Men	Wmn	Men	Wmn	Men
	75m	✓	✓	✓												
100m				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
150m			✓													
200m				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
300m					✓	✓	✓	✓								
400m								✓	✓	✓	✓	✓	✓	✓	✓	✓
600m	✓	✓														
800m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000m							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

	Field		U11		U13		U15		U17		JNR		SNR		Vet	
	Girls	Boys	Girls	Boys	Girls	Boys	Wmn	Men	Wmn	Men	Wmn	Men	Wmn	Men	Wmn	Men
	Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

*Medals for u11. (600's - based on time trials).

*Long jump will be split into pools (dependant on no. entries)

*High Jump starting height will be 1m 20cm

*4 Trials allowed in throws & horizontal jumps

Please note

Run under UKA rules

All events are subject to minimum entries.

For more information please contact us at info@dash.co.uk

ENTRY FORM

Athlete Details:

First Name _____ Last Name _____

Age Group						
U11	U13	U15	U17	Jnr	SNR	VET

*Tick as appropriate - Age as of 31st August 2017

Date of Birth ____/____/____

M/F *Delete as appropriate

Parental/guardian signature is needed if the named athlete is under 16, please sign below.

Signature	Date

Club _____

Events Entered	Seasons Best

Email Address: _____

* Receipts will only be issued via email or if a self-address stamped envelope is enclosed.

Entry Fees: DASH Club Members & U11 - £3.50 per event

All other Athletes - £4.50 per event

CLOSING DATE: 14th AUGUST 2017

Please make cheques payable to **DASH AC.**

Number of events entered: _____

Post Entries to:

Total: £ _____

'DASH Open'

19 Willow Close,
Cradley Heath,
West Midlands. B64 6EG



The following 'FUN' runs have been added to raise much needed funds for:

MACMILLAN CANCER SUPPORT

1K - All age groups - £2.50

2k - Under 17+ - £4.00

Participants Details:

First Name _____ Last Name _____

Age Group					
U13	U15	U17	Jnr	SNR	VET

*Minimum age on the day:- 11 years of age.

Event	
1000m	2000m

Date of Birth ____/____/____

M/F *Delete as appropriate

Parental/guardian signature is required if the named athlete is under 16, please sign below.

Signature	Date

All proceeds from these events will go to:

MACMILLAN CANCER SUPPORT

Please use payment details on previous page.

