

ATHLETICS NORTHLAND SENIOR TRACK AND FIELD CHAMPIONSHIPS 2020

INCORPORATING NORTHLAND MASTERS T&F CHAMPS

OFFICIAL ENTRY FORM

Venue Trigg Sports Arena, Park Avenue, Kensington, Whangarei
Dates Tuesday 28th January, Tuesday 4th February, Sunday 9th February, Tuesday 18th February, 2020
Eligibility Athletes who are financial members of Northland Athletics Club & Northland Masters
Age Aged 13 and above as at 31 December 2019

Please print all information clearly in block letters

First Name	Surname	Phone No.	Club

Male	Female	DOB	Age on 31 December 2019

Grade (please Select 1 grade)	U16	U18	U20	Senior
	2006 2005 2004 13 14 15	2005 2004 2003 2002 14 15 16 17	2004 2003 2002 2001 2000 15 16 17 18 19	2004 or earlier 15 and older

Northland Masters Grades : 5 year increments : M35, M40, M45, M50, M55, M60, M65, M70, M75, M80+

60m	Long Jump	100 m Hurdles (Women)	300 m Hurdles (U15 & U18)
100m	Triple Jump	110 m Hurdles (Men)	400 m Hurdles (U20 & Senior)
200m	High Jump		
400m	Shot Put		
800m	Discus	2,000m Steeplechase (U15 & U18 & U20)	
1500m	Hammer	3,000m Steeplechase (Senior)	
3000m	Javelin		

Entry Fee: \$10 per Athlete **Closing date for entries:** 5 February 2019
Entries to: Morris Gray, magic.morris@xtra.co.nz
Cheques: Payable to: ATHLETICS NORTHLAND
Internet Banking: Athletics Northland Bank A/c No is 12-3115-0161465-00 Date paid: _____
Reference: Club, Athletes Surname

Official Programme

Sunday, 9th February

9:30 am	300m / 400m Hurdles	10:00 am	HAMMER
10:00 am	1500m	10:00 am	TRIPLE JUMP
10:30 am	100m / 110m Hurdles	11:00 am	SHOT
11:00 am	400m	11:30 am	HIGH JUMP
11:20 am	100m	11:40 am	DISCUS
11:45 am	800m		

12 NOON LUNCH

12:30 pm	4 x 400m RELAY	12:40 pm	LONG JUMP
1:30 pm	60m	1:30 pm	JAVELIN
2:00 pm	200m		
2:30 pm	4 x 100m RELAY		

Times may change slightly according to numbers involved.

Tuesday, 28th January

6:30 pm : 2000m / 3000m Steeplechase

Tuesday, 4th February

6:30 pm : 3000m

Tuesday, 18th February

6:30 pm : 5000m