******YNYS MON IGA & MENAI TRACK & FIELD OPEN MEETING**

**Under UKA Rules**

**at**

**TREBORTH ATHLETICS TRACK, BANGOR, LL57 2RQ**

**(License Number – NORTH R.A.C.TF-90)**

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**Sunday 8th September 2019**

**(10am start)**

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **75m** | **100m** | **150m** | **200m** | **300m** | **400m** | **600m** | **800m** | **1 Mile**  | **Steeplechase**  | **3000m** | **Sprint Hurdles** | **Long Jump** | **Triple Jump** | **High Jump** | **Javelin** | **Shot Put** | **Discus** | **Hammer** |
| **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: £5 per event or 3 events for £12**

**(ONLINE PAYMENTS VIA ONLINE ENTRIES)**

**Under 13’s cannot compete in 800m and 1 mile on the same day.**

**Under 15’s cannot compete in more than one of 800m, 1 mile, or 3000m on the same day.
Under 11’s / 13’s & U15’s cannot compete in more than three events.**



**ONLINE ENTRIES ONLY – https://www.bespokeentries.co.uk/menai-open-2019**

**CLOSING DATE FOR ENTRIES – 01/09/19**