

 **ISLE OF MAN ATHLETICS TRACK & FIELD CHAMPIONSHIPS 2024**

**Under UK Athletic Rules.**

 **AT THE NSC DOUGLAS**

**UK Permit No. OUT 24/510**

**SATURDAY 6TH JULY & SUNDAY 7TH JULY 2024**

**Please check your age group before completing this form**

Under 7 Boy or Girl 5 or 6 at Midnight at 31stAug/1st Sept 2024

Under 9 Boy or Girl 7 or 8 at Midnight at 31stAug/1st Sept 2024

Under 11 Boy or Girl 9 or 10 at Midnight at 31st Aug/1st Sept 2024

Under 13 Boy or Girl 11 or 12 at Midnight at 31st Aug/1st Sept 2024

Under 15 Boy or Girl 13 or 14 at Midnight at 31st Aug/1st Sept 2024

Under 17 Man or Woman 15 or 16 at Midnight at 31st Aug/1st Sept 2024

Junior Man or Woman 17 or 18 or 19 at Midnight 31st Dec 2019/Jan 2024

**SATURDAY 6TH JULY 2024**

**TRACK**

75m U11B, U11G.

100m U9B, U11B, U13B, U15B, U17M, JM, SM, U9G, U11G, U13G, U15G, U17W, JW, SW.

300m U15B, U15G, U17W

400m U17M, JM, SM, JW, SW.

600m U9B,U9G.

1200m U11B, U11G

1500m U13B, U15B, U17M, JM, SM, U13G, U15G, U17W, JW, SW.

70mH U13G

75mH U13B, U15G

80mH U15B, U17W

100mH U17M, JW, SW

110mH JM, SM

**FIELD**

Long Jump U9G, U11G, U13G, U15G, U17W, JW, SW

Triple Jump U15B, U17M, JM, SM.

Cricket Ball U9B, U11B.

High Jump U13B, U15B, U17M, JM, SM.

Javelin U13G, U15G, U17W, JW, SW.

Discus U13B, U15B, U17M, JM, SM.

Hammer U13G, U15G, U17W, JW, SW, U13B, U15B, U17M, JM, SM.

Shot Putt U13G, U15G, U17W, JW, SW.

**SUNDAY 7th JULY 2024**

**TRACK**

75m U9B, U9G.

200m U9B, U11B, U13B, U15B, U17M, JM, SM, U9G, U11G, U13G, U15G, U17W, JW, SW

300mH U17W

400mH U17M, JM, SM, JW, SW

600m U11B, U11G.

800m U13G, U15G, U17W, JW, SW, U13B, U15B, U17M, JM, SM.

3000m U15B, U15G, U17M, U17W

5000m JM, SM, JW, SW

400m Walk U9B, U9G

1km Walk  U11B, U11G, U13G, U13B

3km Walk U15G, U15B, U17W, U17M, JW, JM, SW, SM

**FIELD**

Long Jump U9B, U11B, U13B, U15B, U17M, JM, SM.

Triple Jump U17W, JW, SW

High Jump U13G, U15G, U17G, JW, SW

Pole Vault U13B. U15B, U17M, JM, SM, U13G, U15G, U17W, JW, SW.

Cricket Ball U9G, U11G.

Javelin U13B, U15B, U17M, JM, SM

Discus U13G, U15G, U17W, JW, SW.

Shot Putt U13B, U15B, U17M, JM, SM.



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**SATURDAY 6TH JULY & SUNDAY 7TH JULY 2024**

**EVENT DECLARATION FROM 9.30AM IN THE MANX HARRIERS CLUB HOUSE. EVENTS START 11.00AM PROMPT.**

**Please complete entry form in CAPITAL LETTERS**

**SURNAME……………………………….……………….. FIRST NAME……………………………………….**

**ADDRESS……………………………………………………………………………………………………………**

**……………………………………………………………………………………….Post Code……………….…...**

**TEL No……………………………………………. Email…………………….………………………………**

**Club……….…………………………………….. Date of Birth…………….…………………..…………..**

**Age Group………………………………………... Male or Female………………………………….………**

**YOU MUST DECLARE YOUR INTENTION TO COMPETE AT LEAST 30 MINUTES BEFORE EACH EVENT.**

**U9’s, U11’s, U13’s, U15’s & U17’s may only compete in 3 events per day. Jun Men & Women may only compete in 4 events per day. All Athletes under the age of 15, may only compete in one distance race (600m and above) per day (inc Race Walks). Medals will be awarded on the day and there is also the Victor/Victrix Ludorum shields to be awarded to the athlete in each age category with the most points over the Championships.**

**Starting Heights for:**

**High Jump Pole Vault High Jump Pole Vault**

**SM – 1.55M 2.80 M SW - 1.45M 1.90M**

**JM – 1.40M 2.60 M JW - 1.45M 1.80M**

**U17M - 1.40M 2.40M U17W - 1.35M 1.80M**

**U15B - 1.30M 1.70M U15G - 1.20M 1.70M**

**U13B - 1.10M 1.50M U13G - 1.10M 1.40M**

**ENTRIES CLOSE : Wednesday 3rd July 2024. NO LATE ENTRIES ACCEPTED.**

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| --- | --- |
| **Saturday 6th July 2024** | **Sunday 7th July 2024** |
| **Event** | **Event** |
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I declare that a) I am an amateur as defined by U.K. Athletic Rules. b) I am qualified to compete in the Isle of Man Track & Field Championships by virtue of birth or residence**.**

**Counter signed by parent guardian if under 17 years of age**

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| **Signed ………………………………………………… Date…………………………** |

**ENTRY FEES: U9, U11, U13, U15, U17, JUN £2.50 PER EVENT, SEN £4.00 PER EVENT**

**Please make cheques payable to the IOMAA, or Trf to IOM Athletics Association,**

 **a/c 14347237 sort code 55-91-00 REF IOM CHAMPS.**

**All Entries To: Petra Atchison, Ballasaig Farm, Maughold, Isle of Man. IM7 1BJ. Tel No: 202394 or email** **grantandpetra@manx.net****.**