

SPRINT RELAYS



**Wednesday 5th September
2018 at Monkton Stadium,
Jarrow. 6.30 pm to 9.30pm**

**4X100 FROM 19:00 - U13 (2 RACES), U15, U17,
SENIOR**

4X200 FROM 20:10 - U15,U17,SENIOR

4X400 FROM 21:10 - SENIOR

AGE GROUPS BASED ON AGE AT 31/08/2018



INFORMATION

Which club will claim the honour of becoming the Sprint Relay Champions?

There is an entry fee of £1 per athlete per race (£4 per team). Team manager should liaise with meeting organiser with regards to payment on the night. Results will be submitted to Power of 10, however may not be valid for record purposes if combined/mixed races are run. Composite relay teams are allowed but will not score Shield points.

The latest registration time is 15 minutes before each event.

U13 Boys and Girls will have the opportunity to race twice in 4 x100 relays (timetable to be published)

Teams are declared on the night and entries will be accepted on the night but it will help the organisation of the event if you can let us know if your club intends to enter teams for the event.

IF YOUR CLUB INTENDS TO SEND TEAMS PLEASE E-MAIL

CONFIRMATION BY 1/9/18 TO :- Daniel Njai

(Email address: d-bradley-njai@hotmail.co.uk) stating the following:
Name of Club or Composite Team / approx. number of teams in each race & age group / Contact Name / Contact e-mail

UKA PERMIT GRANTED: OUT 18/483