

YNYS MON IGA & MENAI TRACK & FIELD OPEN MEETING

Under UKA Rules

at

TREBORTH ATHLETICS TRACK, BANGOR, LL57 2RQ

License no: NORTH R.A.C.TF-80



Sunday 16th September 2018 (10:30am 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	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.

(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-2018>

CLOSING DATE FOR ENTRIES – 03/09/18

