



NORTH EAST MASTERS A.A. TRACK & FIELD CHAMPIONSHIPS 2019

Saturday 22nd June 2019 at MONKTON STADIUM JARROW

10.30am start for track and field events, warm up from 10.00. Full timetable is available on the [NEMAA website](#) (or email masterstracksec@gmail.com)

Entry Fees: £5.00 for first event, £1 for each subsequent event.
Cheques/PO payable to " NEMAA", or enter online via the NEMAA website

Send completed form (for cheque entries only) to:- Val Baxter,
7 Lanchester, Fatfield, Washington, Tyne & Wear NE38 8SR.

Awards to **NEMAA MEMBERS ONLY. NO ENTRIES ON THE DAY.**

Closing date for entry 18th June.

Events - Men & Women PLEASE TICK EVENTS YOU WISH TO ENTER:

80m/100m hurdles 3,000m Walk 2,000m/3,000m steeplechase
Hammer Discus 100m 1,500m
High Jump Shot 400m Javelin
200m Long Jump 800m Heavy Weight
300m hurdles Triple Jump 5,000m

Senior/Veteran Men and Women's Open 1 Mile (open to non-members) at 2.00 pm. £3 entry, pre-entries preferred but will accept entries on the day (email masterstracksec@gmail.com)

Name				M/F (delete as appropriate)
Age on 22/6/18		Date of birth	/	/
Address				
Postcode		Club		
Email				
Amount	£	Tel no.		
NEMAA Number		EA Registration		