

The 3rd Annual

# Spring Track Relays

Presented by NOTAN, North Shields Poly and Blyth Running Club

**Sunday 22nd April 2018 @ Churchill Playing Fields, Whitley Bay,  
North Tyneside, NE26 3NS . 11.30am-4.30pm.**

Provisional Schedule (please note timings are approximate and subject to change). A full schedule will be published at [notan.org.uk](http://notan.org.uk) at least 3 days prior to event. Refreshments available in the clubhouse.

<b>4x100m U11 (2 races), U13, U15, U17, Senior</b>	<b>11.30</b>
<b>4x400m U17, Senior (U17W to run 4x300)</b>	<b>12.40</b>
<b>Open 1 Mile U17, Senior (races will be seeded)</b>	<b>13:15</b>
<b>4x200m Mixed U13, U15, U17, Senior (2 male, 2 female)</b>	<b>13:40</b>
<b>4 x 800m U13, U15, U17, Senior</b>	<b>14:30</b>
<b>Final Presentations</b>	<b>Approx. 16:20</b>

## **U11/U13 OPEN LONG JUMP**

Medals for top 3 in each age group. £4 Entry Fee. U13's (school year 6 & 7 only) start at **1215**, U11's (school year 4 & 5 only) start at **1400**. Entries and payment on the day accepted. Parent volunteers will be required to assist with the running of event. Entries in advance please email name, DOB, club, to: [d-Bradley-njai@hotmail.co.uk](mailto:d-Bradley-njai@hotmail.co.uk).

There will be a Sprint Relay Challenge Trophy presented to the club which scores the most points. NS Poly are the reigning Champions. Additional prizes will be on offer to the fastest teams. U11 athletes will all receive a medal. As races could be combined, times may not be accepted for record purposes. Composite (mixed club) relay teams are allowed but will not score team Shield points. Team managers will be provided with complete rules prior to event. For the mixed 4x200 athletes can run in any order.

Teams must register on the day for the events they are taking part in, no later than 30 minutes before each event. U11 Boys and Girls will have the opportunity to race twice in 4 x 100 relays, but will not score shield points. Entries will be accepted on the day, but it will help the organisation of the event if you can let us know in advance if your club intends to enter teams for the event.

**Cost per team is £6 per race (£1.50 per person per race). Payable on the day, or in advance through club entry.**

**PLEASE SEND PRE-NOTIFICATIONS OF CLUB/COMPOSITE TEAM ENTRIES TO DANIEL NJAI: [d-bradley-njai@hotmail.co.uk](mailto:d-bradley-njai@hotmail.co.uk) PLEASE GIVE NAME OF CLUB/COMPOSITE TEAM, APPROX NUMBER OF TEAMS FOR EACH AGE GROUP / DISTANCE / GENDER.**

**Open 1 Mile**— Race(s) will be seeded and may be mixed age groups / gender. Pre-enter by emailing Name, Club, DOB & predicted time to [d-Bradley-njai@hotmail.co.uk](mailto:d-Bradley-njai@hotmail.co.uk). Late entries and payment on day accepted up to 12.30. Trophy to fastest overall male/female. **Entry Fee £4**



[nspoly.co.uk](http://nspoly.co.uk)



[blythrunningclub.org.uk](http://blythrunningclub.org.uk)



[www.notan.org.uk](http://www.notan.org.uk)

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