



Athlete Information

Entry is on the day and costs **£5** for first event and **£3** for **additional events** for each fixture.

On 28th April and 5th May, all U13 athletes will take part in the Quadrathlon event. The cost of each Quadrathlon is **£8** (athletes cannot partake in any other events which clash with the full duration of the Quadrathlon)

For the 2019 season, a **discount of £1 per meeting** will apply for all athletes who enter at least one **field event** in each meeting (this offer excludes Quadrathlon entries).

Hurdles – athletes planning to compete in hurdles events must advise Tom Druce of this by a minimum of 3 days before the event. This can be done in person, by email or via the athlete's coach.

Athletes MUST register for their events at LEAST 60 minutes before their event is due to start. There will be no exceptions to this.

Athletes must also report to the start area for both track and field events minimum 10 minutes before start time but may continue their warm up during this period