

NOTAN PRESENT THE FOURTH ANNUAL

# SPRING TRACK RELAYS

Incorporating Round 1 of the North East Throws Festival

Saturday 30th March 2019 0930-1630 @ Churchill  
Playing Fields, Whitley Bay NE26 3NT

Hammer from 0930, Track from 1130, Long Jump from 1215

Hammer, Javelin, Shot, Discus U13, U15, U17, U20, Senior  
4x100m U11, U13, U15, U17, Senior (U11's race twice)

4x200m Mixed U13, U15, U17, Senior (2 male, 2 female)

2x2x400 exhibition, email for details (senior only, 1 male, 1 female)

4x400m U17, Senior (U17W to run 4x300)

4x800m U13, U15, U17, Senior

1 Mile U17, U20, Senior (Seeded Races)

Long Jump U11, U13

Details & how to enter:

**Throws, Mile & Long Jump:** £5 per event. enter online at [www.race-results.co.uk](http://www.race-results.co.uk) ENTRIES

CLOSE Fri 22nd March. Limited entries on the day may be available at £6 for mile & LJ.

Hammer throwers must be able to perform at least 1 rotation. Top 3 in each age group in Long

Jump will receive medals. Fastest overall Male/Female in mile will receive trophy. Javelin &

Discus are scoring events towards the throws Series. Shot and Hammer non-scoring

**Relays:** £10 per team/race. NOTAN will liaise directly with all clubs, so please speak to your  
team manager/club secretary. The winning club will be presented with the Spring Track Relay

Trophy. Awards for fastest team in each race. Clubs to register interest by 22/3. any queries

contact [d-bradley-njai@hotmail.co.uk](mailto:d-bradley-njai@hotmail.co.uk) UKA permit OUT 19/066

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