



## Multi-event team challenge

The final event at the track for the summer season will be the PFM multi-event team challenge which will be held on Thursday 22<sup>nd</sup> and Friday 23<sup>rd</sup> September 2011 starting at 6:00 pm.

The event is open to all club members from under 13's up to super vets and will be a great opportunity to bring together all sections of the club. It will end with a BBQ and drinks on Friday.

Athletes will be placed in teams of 6 which will be mixed age and gender. All events will be handicapped to ensure a fun fair challenge. (Handicaps will be worked out using the difference between Island records) Athletes will not be allowed to compete in their "usual" event.

The events will be 800m, High Jump and Discus on Thursday, 100m, Long Jump, and Javelin on Friday. Each team will be able to enter two athletes per event. The final event on Thursday will be a 15 minute "parlauf" relay involving all athletes.

Entry will be £2.00 per athlete. Entries MUST be with Steve Allaway by Tuesday 20<sup>th</sup> September.

Parents and family are welcome to the BBQ, cost to non athletes is £5.00

We would like to thank PFM for their sponsorship of this event.



## Multi-event team challenge Entry

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

(Please Print)

Main Event: Sprint / Middle distance / Endurance / Throws / Jumps

*Please complete and return this form together with the £2:00 entry fee to Steve Allaway by Tuesday 20<sup>th</sup> September 2011*

***Please note if you paid for the 2010 PFM event that was cancelled you do not need to pay this time but please still register.***