



Intertrust

Channel Islands Track and Field Championships

and

Inter Insular Team Competition 2011
(Part 1)

Saturday 7th & Sunday 8th May 2011
Guernsey

*Proudly sponsored by
Intertrust Guernsey*

Channel Islands Track and Field Championships and Inter Insular Team Competition 2011 (Part 1)

Saturday 7th and Sunday 8th May 2011, Guernsey

Senior, U15 and U11 events will take place on Saturday.
U17 and U13 events will take place on Sunday.

Track Events

100m
400m
1500m
Sprint Hurdles
Steeplechase
4x100m Relay

Field Events

Long Jump
High Jump
Shot Putt
Javelin

The remaining events will be held in Part 2 of the Championships on 3rd/4th September in Jersey, with the exception of the 10,000m which will be held on 26th May in Guernsey. A more detailed programme of events will be published on the GIAAC website: www.guernseyathletics.org.gg.

Multi-Events Competition rules:

Athletes must compete in five individual events over the two weekends. They should indicate on their entry form if they wish to enter the multi-events competition. The five events must comprise two field and three track or three field and two track events. The field events must include at least one jump and one throw.

Prizes

Prizes will be awarded to the three highest-scoring athletes who compete on both weekends. Performances will be awarded points from a scoring chart and the athlete's best event from each weekend will count. There are separate prizes for multi-events.

Channel Islands Track & Field Championships 2011 (Part 1)

Entry Form

Name	
Club	

Date of Birth		Age Group		M/F	
---------------	--	-----------	--	-----	--

Address	
Telephone	
E-mail	

Event entered	P.B. (last 2 yrs)	Event	P.B.
I wish to be entered for the multi-events competition: Y / N			

Entry fees: Seniors (and U20s) £4 per event, U17s and below £3.
Please send completed entry forms with payment to: Athletics Administration, Garenne Stand, Footes Lane, St Peter Port, Guernsey, GY1 2UL. (Cheques payable to GIAAC).
Entry Deadline Thursday 28th April. Late entries will only be accepted if the programme of events is not affected.

Signature _____ Date _____