**NORTH EAST MASTERS A.A. TRACK & FIELD CHAMPIONSHIPS 2021.**
**Saturday 19th June 2021 @ MONKTON STADIUM, JARROW**

Field events start at 11.00 am with the long jump, track at 10.00 am with the 5k.

Electronic timing for all races. For full timetable please see our website

Entry Fees:  £5.00 for first event, £1.50 for each subsequent event. Online entries available in our club shop - for postal entries make cheques payable to " NEMAA" and send to:- Val Baxter,7 Lanchester, Fatfield, Washington, Tyne & Wear NE38 8SR.

Medals to **NEMAA MEMBERS ONLY. Masters from other areas may compete as a guest.**
**NO ENTRIES ON THE DAY.**
**Closing Date** **for entry 5pm** **12th June 2021.**

**Events - Men & Women**  Please tick events you wish to enter (£5 first event, +£1.50 for each extra event, e.g. 3 events = £8) Email first if you wish to confirm your total.

Javelin Shot Hammer Discus Heavy Weight
100m 1500m 400m 200m 800m
Long Jump           High Jump    Triple Jump

W & M65+ 5000m M35-49 5000m   M35-49 5000m

Senior/Masters Men and Women’s Open 1 Mile (open to non-members) at 2.00 pm.

Entry £3, Open Mile

Name .....................................................       Age on June 19th ..................
Date of Birth ..…./……./……..         Male Female
Address ...........................................................................................................
.........................................................................................................................
Post Code ...............................Club………………………….............................
E-mail…………………......................................................................................

Mobile. No. .......................................................................................................

Emergency name and contact no………………………………………………….

Medical info if any……………………………………………………………………
Amount Encl. £ .........   I confirm that I am a NEMAA member/competing as guest\*

\*Delete as appropriate Enquiries to masterstracksec@gmail.com