

BOSTON AND DISTRICT ATHLETIC CLUB  
OPEN JUMPS AND THROWS DAY  
SUNDAY APRIL 7TH 2024  
AT THE TOMMY CLAY TRACK,  
PRINCESS ROYAL SPORTS ARENA, BOSTON, PE21 7PB  
UNDER UKA RULES LICENCE NO: OUT 24/168  
Events: Hammer, Shot, Discus, Javelin,  
Long Jump, High Jump, Pole Vault, Triple Jump

Entry fee £10 U/11 School years 4&5 Long Jump & Vortex  
U/13 Maximum events 3  
Entry fee £15 U/15 - Senior. Maximum events 4

First Event 10am Closing Date for Entries March 31st 2024  
Timetable will be available following the closing date but may be subject to change  
on the day.

PLEASE ENTER ME IN THE OPEN JUMPS & THROWS DAY  
NAME.....  
ADDRESS.....  
.....  
POST CODE..... TEL. NO.....  
E-mail.....  
CLUB/SCHOOL.....  
EA REG. NO.....  
DATE OF BIRTH.....  
AGE GROUP.....  
  
1<sup>st</sup> event.....2<sup>nd</sup> event.....3<sup>rd</sup> event.....4<sup>th</sup> event.....

Please make cheques payable to Boston & District Athletic Club  
Electronic payment to Boston and District Athletic Club  
Sort Code 30-97-95 Account No. 00979085  
Entries to Nanette Johnson, Paddock Way, Field Lane, Friskney, Boston, Lincs  
PE22 8RL  
[E-MAIL;nanette@parnott.force9.co.uk](mailto:nanette@parnott.force9.co.uk)

Note from UKA: An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of the event whether or not the licence holder is a citizen of, or resident in the UK.