

BOSTON AND DISTRICT ATHLETIC CLUB  
FINAL FLING OPEN THROWS &, JUMPS DAY  
SUNDAY OCTOBER 6th 2024  
AT THE TOMMY CLAY TRACK,  
PRINCESS ROYAL SPORTS ARENA, BOSTON, PE21 7PB  
UNDER UKA RULES PERMIT NO: OUT 24/168

Events: Hammer, Shot, Discus, Javelin,  
Long Jump, High Jump, Pole Vault, Triple Jump

Entry fee £10

U9 & U/11 Long Jump & Vortex

U/13 Maximum events 3

Entry fee £15

U/15 - Senior. Maximum events 4

First Event 10am Closing Date for Entries September 29th 2024

Timetable will be available following the closing date but may be subject to change on the day.

PLEASE ENTER ME IN THE FINAL FLING OPEN MEETING

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.....

1 ENCLOSE MY ENTRY FEE OF.....

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, 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 the 12 months from the date of the event whether or not the licence holder is a citizen of, or resident in the UK.