



## Central Hurdles & Relays/GC Foster Field Events

### COMPETITION RULES

NOTE THAT ALL ENTRIES MUST BE MADE ONLINE AT

<http://www.willirat.com/Entry%20Forms/centralhurdles/Welcome.php>

Each completed entry (for single gender teams) must be accompanied by the registration fee of \$9,000 in order for the team to compete in the meet.

Co-educational schools, clubs or institutions must complete separate entries for male and female teams. Entry fee of \$15,000 is applicable here.

An entry fee of \$1,000 is applicable for all individuals entering as 'unattached'.

The deadline for all entries to be received is Thursday, January 16, 2020

A LATE ENTRY FEE \$1,500 will be charged if entry is received after that date.

**Teams can order lunch from GC Foster College. Call 876-847-8296 or 876-424-3913 - Paul Beckford. Cost - \$400 without drink. \$500 - with drink. Please order by Thursday Jan. 16**

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#### CONDITIONS:

- Co-ed schools/clubs/institutions are required to pay \$14,000 for their combined team (of male and female)
- A Maximum of four (4) athletes per event per class are allowed per school
- For high schools – one relay team per class
- For clubs and institutions – two relay entries per team
- Entries must be completed online.
- All cheques must be made payable to **GC Foster College**
- All entries must be submitted by latest Thursday January 16. - No entries will be accepted on the day of the meet

#### EVENTS:

Hurdles: 60M, 70M, 80M, 100M, 110M, 400M.

Relays: 4x100M, 4x400M, 4x800M

Flat Event: 60M, 400M, 2000M Steeplechase Open Boys & Girls and 200M Clubs & Institutions only

Field Event: Long Jump, High Jump, Triple Jump, Discus, Shot Put & Javelin