



**South London**  
*Athletics Network*

**September 5<sup>th</sup> 2020, Tooting Bec Athletics Track**  
**Open Meeting**

Online entry only  
100m, 200m, 800m LJ & Shot  
U13's U15's, U17's, U20's, Seniors & Masters

Provisional Timetable  
Finalised after entries close

**Track**

13:00	100m	All Age Groups Boys & Girls
14:15	800m	All Age Groups Boys & Girls
15:10	200m	All Age Groups Boys & Girls

**Field**

13:00	Long Jump (6 in each pool)
15:00	Shot (6 in each Pool)

All races to be seeded prior to competition & timetable sent to each athlete on Thursday September 3<sup>rd</sup> with time of race/event. The email will contain instructions for how the competition will run to maintain safety for athletes, officials, track staff & volunteers

**NO ENTRIES ACCEPTED ON THE DAY No exception**

Online entries on opentrack: <https://data.opentrack.run/en-gb/x/2020/GBR/slanopen/>

£ 6 per entry for SLAN competitors. £8 per entry for Non SLAN competitors

*(SLAN Members Belgrave Harriers, Sutton & District AC, South London Harriers, Hercules Wimbledon, Herne Hill Harriers)*

Under UK Athletics rules. For more detail's contact Ben Noad on [ben@bennoadcoaching.com](mailto:ben@bennoadcoaching.com) Or Steve Bosley [steve@envoy-freight.co.uk](mailto:steve@envoy-freight.co.uk)