**LCAS 2015 Individual Entry Form: Lee Valley 19th April**

Welcome to LCAS 2015! The following events are scheduled for the second athletics meet of the series: 100m, 200m, 400m, 800m, 1500, 3000m, 5000m, 1Mile, 3000m SC, 100mH, 110mH, 400mH, 4x100m, 4x400m, TJ, LJ, HJ, Shot Put, Javelin.

Please fill in the following form accordingly for your team, and email to: **entries@london-athletics.com****.**

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| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Gender (M/F)** | **University** | **Event(s)** | **PB with link (if applicable) / expected time** | **Email Address** | **Emergency Telephone** |
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|  |  | **Total Entry Fee:** |  |

**Note:** Each event costs £4 per entry per person, with a relay **team** costing £12 total.

An invoice will be returned to you on confirmation of your entry.