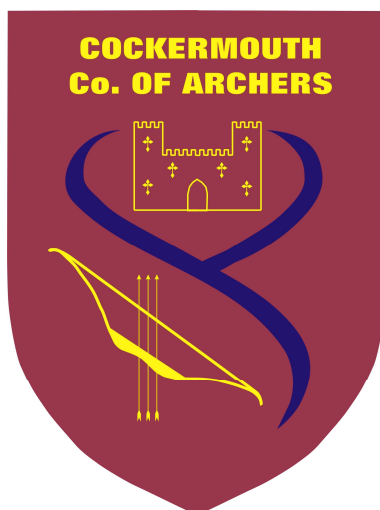


Cockermouth Company of Archers



Invite you to

THE METRIC MADNESS

**FITA Rounds for Seniors
Metric Rounds Juniors**

**To be held at
Grasmoor Rugby Club, Cockermouth
Sunday 16th May, 2010
Assembly 9:45am**

Entry Fee : £6 Seniors - £4 Juniors

Judges: Chris Battersby & Sandra Vives Lynch

Lady Paramount: TBC

Closing Date for entries: 1st May, 2010

Rounds: The following rounds will be provided

FITA Gents	Senior Gentlemen	
FITA Ladies	Senior Ladies	
	Boys	Girls
Metric I	Under 18	-----
Metric II	Under 16	Under 18
Metric III	Under 14	Under 16
Metric IV	Under 12	Under 14
Metric V		Under 12

Junior boys under 9 will be welcome to shoot the Metric V if they wish

Junior Age Limits: The ages are as on the day of competition. An archer may enter a round in a higher age group than their own, but not for a lower age group.

Timing: Assembly 9:45 am, followed by 1 end of practice; the competition continues immediately thereafter. Equipment inspection will be announced.

Rules: The tournament will be run to the current FITA/GNAS rules. The Metric Rounds will be shot in timed ends of six arrows at the two longer distances and in timed ends of three arrows at the two shorter distances.

Photography: In view of the provisions of the GNAS Protection of Children and Vulnerable Adults Policy, those who wish to take photographs at this event are to register with the Tournament Secretary on arrival. No unauthorised photography will be permitted.

GNAS Cards: Archers should have their **GNAS** membership cards available

Refreshments: Light refreshments will be available.

Target List and Results. Target lists will be provided on the day. Results will be published on the county web site. Paper copies of the target list and results can be sent; provided you enclose two stamped addressed C5 envelopes (9" x 6½") with your entry.

Entry fee: Seniors £6, Junior £4. Cheques payable to Cockermouth Company of Archers. No refunds after the closing date. On receipt of an entry then that entry will be acknowledged if a legible e-mail address has been provided.

Closing date: Saturday 1st May 2010

Tournament Organiser: Mrs Sandra Vives Lynch, 37 Pinewoods, Gilgarran, Workington, Cumbria CA14 4RE

E-mail: sandra.lynch@tinyworld.co.uk Tel: 01946 833123

Raffle: There will be a raffle following the shoot!

The Metric Madness 2010 - Entry Form

ALL IN BLOCK CAPITALS PLEASE

Forename	Surname
Address	
Tel No	
E-Mail address (Please write very clearly)	
Male/Female	GNAS No
Club	
Date of birth (Juniors)	Round

Please tick box applicable to bowstyle.

Compound Recurve Barebow Longbow

If you use a wheelchair or have special requirements, please give details:

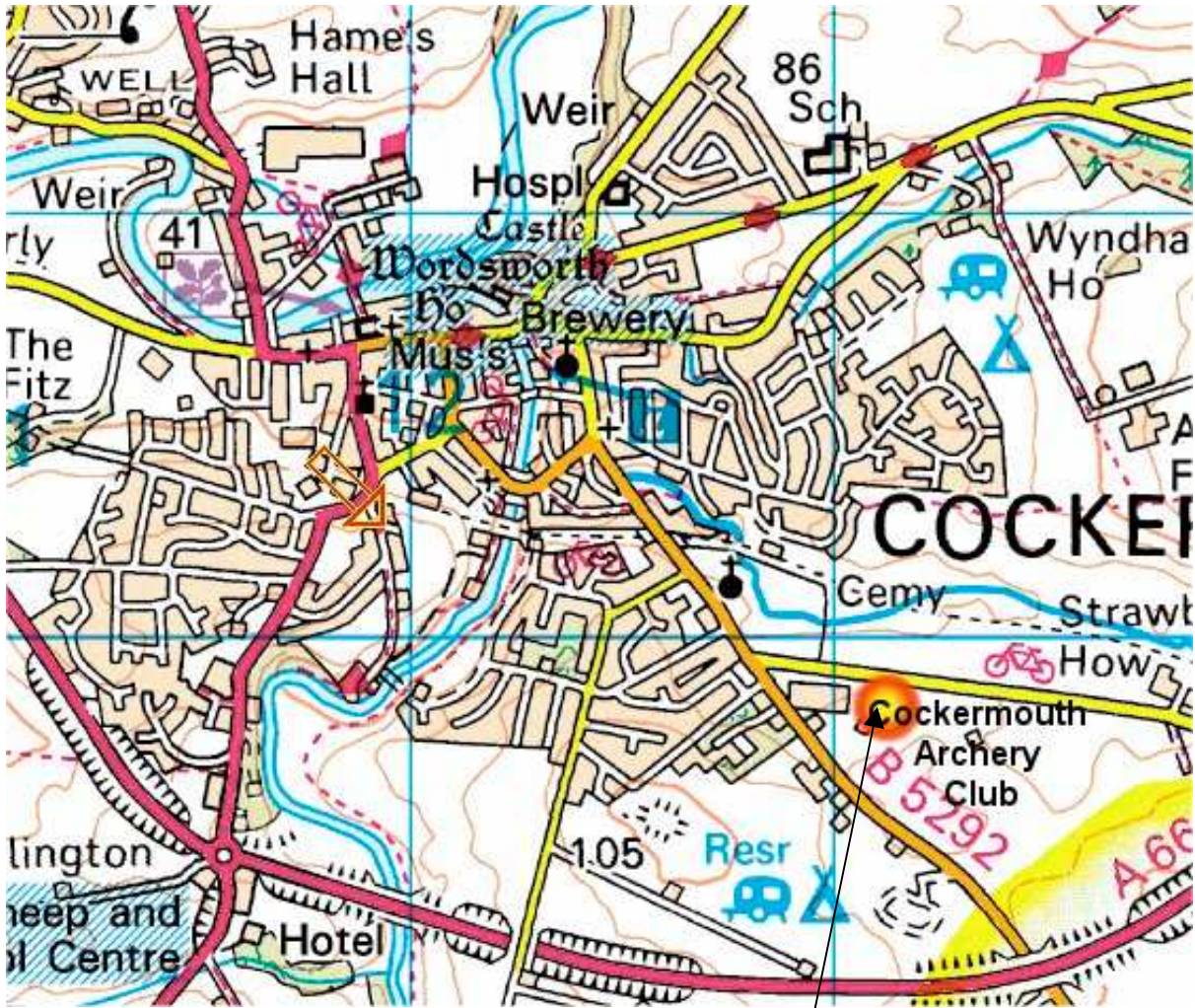
Tournament Fee: Seniors £6, Junior £4. to be received by the closing date.

Cheques payable to **Cockermouth Company of Archers**

Closing date: Saturday 1st May 2010.

Entries to: Completed entry forms, with cheques payable to Cockermouth Company of Archers to be forwarded to the Tournament Organiser,

Tournament Organiser: Mrs Sandra Vives Lynch, 37 Pinewoods, Gilgarran, Workington, Cumbria CA14 4RE



Cockermouth Company of Archers,
Grasmoor Rugby Club,
Strawberry How,
Cockermouth.
CA13 9XQ