



Winchester & District Athletics Club Inaugural Open Meeting

Sunday 23rd May 2010

At Winchester's Top Class 8 Lane Athletics Track

**University of Winchester Sports Stadium, Milland Road Winchester
SO23 0QA**

Sponsored by ALTON SPORTS

Track Events---Provisional Timetable

| | | |
|---------|----------------|--|
| 11.00am | Sprint hurdles | Female---U13, U15 & U17 Male---U13 & U15 |
| 11.30am | 800m | Female--U13, U15, U17, Senior Women, Vet Women |
| 12.10pm | 800m | Male---U13, U15, U17, Senior Men, Vet Men |
| 12.50pm | 200m | Female--U13, U15, U17, Senior Women, Vet Women |
| 13.30pm | 200m | Male---U13, U15, U17, Senior Men, Vet Men |
| 14.15pm | 3000m | Male & Female U15 (combined race) plus separate U17 & U20 (combined race) |
| 14.45pm | 5000m | Senior Women, Vet Women Senior Men, Vet Men (combined race) |

Field Events---Provisional Timetable

| | | |
|------------|-----------|---------------------------|
| 11.00am | Long Jump | Senior Men & Vet Men |
| | Javelin | Female & Male---U15 & U17 |
| 12.00 noon | Long Jump | Female---U13, U15, U17 |
| | Javelin | Senior Women & Vet Women |
| 13.00pm | Long Jump | Boys---U13, U15, U17 |
| | Javelin | Senior Men & Vet Men |
| 14.00pm | Long Jump | Senior Women & Vet Women |
| | Javelin | Female & Male---U13 |

- Free Car parking at Park & Ride, Bar End Road opposite the track
- Refreshment available all day
- Alton Sports stall with the latest running gear and accessories
- Changing facilities are available
- Competition held under UK Athletics Rules
- Results will be available on the day and then posted on the club's website www.wadac.org.uk and www.thepowerof10.info.
- This is an open meeting time trial event with no medals or prizes.

Entry for Winchester & District Athletics Club Open Meeting 23rd May 2010

Full Name:.....

Athletics Club:.....

Date of Birth:.....

Age Group:.....

Male / Female:.....

Email address
(for acknowledgement of entry only).....

Event 1:.....PB.....

Event 2:.....PB.....

Event 3:.....PB.....

A maximum of 3 events per person.

Payment enclosed: £.....

Entry Fees £2 per event in advance. £3 on the day. £5 for 3 events in advance.

Number collection and on the day registration to be no later than 45 minutes before the event.

Entries to: Peter Spelman, Event Organiser, c/o 58 Fairfield Road, Winchester Hampshire SO22 6SG.

Cheques only please payable to Winchester & District Athletics Club.

Numbers will be available for collection on the day. No additional information will be posted but the website will have up to date information and the final timetable up to the event.