Sunday 8th September ALL AGE GROUPS Provisional Timetable

**Under 9s and Under 11s** will compete in 3 set events – **75m, 600m and Long Jump.**

**U13, U15, U17 and U20s**

Athletes can choose which events they would like to do from the list below.

Athletes **cannot** compete in 800m and 1200m/1500m on the same day.

Athletes must compete in 3 events, **1 of which must be a Field, 1 a Track + 1 other Track or Field**

The performance for each event will be scored against a Points Table. The highest total score will win

Every competitor that completes all 3 events will win a medal and trophies for the first 3 will be awarded in each age and sex category. The awards will be presented at our Young Athletes Awards Evening.

**Seniors - any 3 events**

The Entry Fee is £5, Cheques should be made payable to B&M.H.A.C. Or BACS payment to Lloyds 30-90-53 A/C 00150196 Ref: Surname Club Champs

Only entries from athletes who have paid their annual membership fees will be accepted

U13 Girls 100m, 200m, 800m, 1200m, 70mHurdles, LJ, HJ, SP, DT, JT

U13 Boys 100m, 200m, 800m, 1500m, 75mHurdles, LJ, HJ, SP, DT, JT

U15 Girls 100m, 200m, 300m, 800m, 1500m, 75mHurdles, LJ, HJ, SP, DT, JT, HT

U15 Boys 100m, 200m, 300m, 800m, 1500m, 80mHurdles, LJ, HJ, SP, DT, JT, HT

U17 Women 100m, 200m, 300m, 800m, 1500m, 80mHurdles, LJ, HJ, TJ, SP, DT, JT, HT, PV

U17 Men 100m, 200m, 400m, 800m, 1500m, 100mHurdles, LJ, HJ, TJ, SP, DT, JT, HT, PV

U20 Women 100m, 200m, 400m, 800m, 1500m, 100mHurdles, LJ, HJ, TJ, SP, DT, JT, HT, PV

U20 Men 100m, 200m, 400m, 800m, 1500m, 110mHurdles, LJ, HJ, TJ, SP, DT, JT, HT, PV

SW 100m, 200m, 400m, 800m, 1500m, 100mHurdles, LJ, HJ, TJ, SP, DT, JT, HT, PV

SM 100m, 200m, 400m, 800m, 1500m, 110mHurdles, LJ, HJ, TJ, SP, DT, JT, HT, PV

U20/senior Dream mile £2 entry in advance, entry on the day may be limited.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age Group\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Male/Female\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Tel No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Print e-mail for confirmation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Event 1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Event 2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Event 3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Event 1 PB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Event 2 PB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Event 3 PB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

These events cannot happen without the help of volunteers. It would be good to see new faces and this is an ideal time to see if you enjoy helping out. This could be for an hour or more if possible.

Please indicate that you would be willing to help by entering your details:

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tel No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e-Mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Entry Forms to be put into the BOX marked CLUB CHAMPS in the club cabin or e-mailed to Liz Flitcroft ecflitcroft@ntlworld.com**

# Closing Date for entry: Monday 2nd September

Any cakes to sell for club funds gratefully received (must not contain nuts)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Provisional | | Timetable | |  |
| 10:30 |  | Registration | |  |  |  |
|  |  | TRACK |  |  |  | FIELD |
| Time |  |  |  |  | Time |  |
|  |  |  |  |  | 11:30 | **Pole Vault - ALL** |
| 12:00 | 300m | U15G | U17W |  | 11:30 | **Hammer ALL** |
| 12:15 | 75m | U9G | U11G |  | 11:30 | High Jump U13B to SM |
| 12:30 | 100m | U13G | U15G |  | 11:30 | Long Jump U9B |
|  |  | U17W | U20W |  | 11:30 | Long Jump U11B |
|  |  | SW |  |  |  |  |
| 12:55 | 800m | U13G | U15G |  | 12:30 | Javelin U13B to SM |
|  |  | U17W | U20W |  | 12:45 | Long Jump U15B to SM |
|  |  | SW |  |  | 12:45 | Long Jump U13B |
| 13:05 | 400m | U20W | SW |  |  |  |
| 13:10 | 1200m | U13G |  |  |  |  |
| 13:20 | 1500m | U15G | U17W |  | 13:20 | Shot Put U13B to SM |
|  |  | U20W | SW |  | 13:30 | Discus U13B to SM |
| 13:30 | 600m | U9G | U11G |  | 13:30 | Standing LJ Disability |
| 13:00 | 200m | U13G | U15G |  |  | Group |
|  |  | U17W | U20W |  |  |  |
|  |  | SW |  |  |  |  |
| 14:00 | The Dream Mile | U20/Seniors | |  | 14:00 | **Triple Jump ALL** |
| 14:25 | 75m | Disability Group | |  |  |  |
| 14:30 | 70mH | U13G |  |  | 14:30 | Long Jump U9G |
|  | 75mH | U13B | U15G |  | 14:30 | Long Jump U11G |
|  | 80mH | U15B | U17W |  |  |  |
|  | 100/110mH | U17M | U20W |  |  |  |
| 14:45 | 300m | U15B |  |  |  |  |
| 14:50 | 75m | U9B | U11B |  | 14:50 | High Jump U13G to SW |
| 15:05 | 100m | U13B | U15B |  | 14:50 | Discus U13G to SW |
|  |  | U17M | U20M |  | 15:00 | Vortex Disability Group |
|  |  | SM |  |  |  |  |
| 15:30 | 800m | U13B | U15B |  | 15:45 | Long Jump U13G |
|  |  | U17M | U20M |  | 15:45 | Long Jump U15G to SW |
|  |  | SM |  |  |  |  |
| 15:50 | 400m | U17M | U20M |  | 15:50 | Javelin U13G to SW |
|  |  | SW |  |  |  |  |
| 16:00 | 1500m | U13B | U15B |  |  |  |
|  |  | U17M | U20M |  |  |  |
|  |  | SM |  |  |  |  |
| 16:20 | 600m | U9B | U11B |  | 16:20 | Shot Put U13G to SW |
| 16:30 | 200m | U13B | U15B |  |  |  |
|  |  | U17M | U20M |  |  |  |
|  |  | SM |  |  |  |  |
|  | Final Timetable will be on the website as soon after closing date as possible | | | | | |