



Biggleswade Athletic Club

Affiliated to UK: Athletics, South of England Athletic Association, and Bedfordshire AAA

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BIGGLESWADE ATHLETIC CLUB'S
OPEN GRADED TRACK MEETING 2010
SANDY SPORTS CENTRE
Competition under UKA Rules

Sandy Upper School Engayne Ave Sandy

25th September 2010

TRACK

- 11 am 70 m Hurdles U13 Girls
- 11.10 am 75 m Hurdles U15 Girls/U13 Boys
- 11.20 am 80 m Hurdles U17 Women/U15 Boys
- 11.30 am 3000 Sen Men/Jun Men/U17 Men/U15 Boys/Sen Women/Jun Women/U17 Women/U15 Girls
- 11.30 am 5000 m Sen Men/Jun Men/U17 Men/Sen Women/Jun Wom/U17 Women
- 12 pm 100 m Hurdles Sen Women/U20 Women/U17 Men
- 12.10 pm 110 m Hurdles Sen Men /Jun Men
- 12.20 pm 800 m
- 12.40 pm 100 m
- 1.15 pm 80 m U11 Boys/Girls
- 1.30 pm 400 m Sen Men/U17 Men/U15 Boys/Sen Women/Jun Women
- 1.45 pm 300 m U15 Girls/U17 Women
- 1.55 pm 1500 m
- 2.30 pm 600 m U11 Boys/Girls
- 2.45 pm 200 m
- 3 pm Relays 4 x 100 m,
Medley relays (1 x 100 m; 1x 100 m; 1 x 200 m; 1 x 400 m)

FIELD

10 30 am	Pole Vault U15 Boys/U17 Men/Jun Men/Sen Men/ U15 Girls/U17 Women/Jun Women/ Sen Women
10 30 am	Hammer (All less than 25 m)
10 30 am	Long Jump (U11 boys) 3 jumps only
11 15 am	Shot (less than 9 m)
11 15 am	Long Jump (U11 girls) 3 jumps only
11.45 am	Discus (All greater than 25 m)
12 pm	High Jump (females)
12 15 pm	Long Jump (All males)
12 15 pm	Cricket Ball Throw (U11's) (Javelin area) (3 throws only)
12 30 pm	Shot (Greater than 9 m)
1 15 pm	High Jump (All males)
1 15 pm	Long Jump (All females)
1 15 pm	Hammer (All greater than 25 m)
2 15 pm	Triple Jump U15 Boys/U17 Men/Jun Men/Sen Men/ U15 Girls/U17 Women/Jun Women/ Sen Women
2 pm	Javelin (All less than 25 m)
2.30 pm	Discus (All less than 25 m)
3 pm	Javelin (All greater than 25 m)

£3-00 per event (Relays Free) Max 3 events + relay for U13/U15/U17's (£7-00 for 3 events or more)

£2-00 per event U11's 80m, 600 m, Long Jump, Cricket Ball – (Maximum 3 events £5-00)

For more information contact David Brown 01767 600094

No late entries or entries on the day for the field events – entries close 21st September 2009, track events on the day £1-00 extra

Cheques payable to 'Biggleswade AC'

Sonia Edwards
57, Sandleford Drive
Elstow
BEDFORD
MK42 9 GL

Name	Club	Number (club use)
Contact Tel No./ email address		
Event	Age Group	PB/estimated time/distance
1		
2		
3		

Biggleswade AC reserve the right to change the programme if necessary. The throws have been separated to aid the flow of the timetable and we would hope that athletes would list an achievable target to be seeded correctly.

The number of throws/jumps will be dependant on entries but will not be less than 3. Any revision of the timetable will be posted on the Club website (www.BiggleswadeAC.org.uk) in the week before the event.