



# 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 2011 SANDY SPORTS CENTRE**  
Competition under UKA Rules

Sandy Upper School Engayne Ave Sandy

24<sup>th</sup> September 2011

**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	under 15 upwards M/F
	Hammer	under 25m
	Long jump	under 11 boys
11.15 am	Shot	under 10m
	Long Jump	under 11girls
11.45 am	Discus	greater than 25m
12.00 pm	High Jump	under 1m 45cm
12.15pm	Long Jump	all males
	Cricket ball throw	u 11s
12.30pm	Shot	greater than 9m
1.15pm	High jump	higher than 1m 45cm
	Long jump	all females
	Hammer	greater than 25m
2.00 pm	Javelin	less than 25m
2.15 pm	Triple jump	all
2.30 pm	Discus	less than 25m
3 pm	Javelin	greater than 25m

## FIELD ENTRIES ARE NOW CLOSED

All throws and horizontal jumps will be THREE attempts.

Track entries now only available on the day- register at last **ONE HOUR** in advance of your race.