

THE SOUTHEND-ON-SEA ATHLETIC CLUB
TRACK & FIELD CHAMPIONSHIPS & OPEN 2010
Bank Holiday Monday August 30th – Garon Park

TIMETABLE

	<u>Track</u>	
11.00am	300H	WU17
	400H	WU20, SW, VW, MU17, MU20, SM, VM,
11.30am	800m	All (U13 upwards)
12.00pm	60m	U11's
	100m	All (U13 upwards)
12.30pm	3000m	GU15, WU17, BU15, MU17
13.00pm	5000m	MU20, SM, VM, WU20, SW, VW
13.25pm	600m	U11's
13.30pm	300m	GU15, WU17
	400m	WU20, SW, VW, BU15, MU17, MU20, SM, VM,
14.00pm	Sprint Hurdles	All (U13 upwards)
14.30pm	1500m	All (U13 upwards)
15.15pm	150m	U11's
	200m	All (U13 upwards)
15.45pm	1500m S/C	MU17, MU20, SM, VM

<u>Jumps</u>	<u>Field</u>	<u>Throws</u>	
<u>Long Jump</u>		<u>Shot Putt</u>	
11.00am	BU13, BU15	11.00am	GU13, GU15
11.45am	MU17, MU20, SM, VM	11.30am	WU17, WU20, SW, VW
12.30pm	GU13, GU15	12.00pm	BU13, BU15
13.15pm	WU17, WU20, SW, VW	12.30pm	MU17, MU20, SM, VM
<u>Triple Jump</u>		<u>Hammer</u>	
14.00pm	M All (U15 upwards)	11.00am	M&F All (U15 upwards)
15.00pm	F All (U15 upwards)		
<u>Pole Vault</u>		<u>Discus</u>	
11.30am	M&F All Ages (U15 upwards)	12.00pm	GU13, GU15
		12.30pm	WU17, WU20, SW, VW
		13.00pm	BU13, BU15
		13.30pm	MU17, MU20, SM, VM
<u>High Jump</u>		<u>Javelin</u>	
11.30am	M All Ages (U13 upwards)	14.00pm	GU13, GU15
13.30pm	F All Ages (U13 upwards)	14.30pm	WU17, WU20, SW, VW
		15.00pm	BU13, BU15
		15.30pm	MU17, MU20, SM, VM

Notes:

1. Open to All Local Schools & Residents & incorporating the Southend AC Club Champs.
2. Medals for 1st three in each event.
3. Entries are on the day only.
4. Entry Fee £3.00 per event.
5. Athletes U11-U17 may compete in a max of 3 events. U20's - 5 events. Snrs - no limit.
6. Max 4 attempts (if time allows) in the throws, long & triple jump. (at judges discretion)
7. The Southend AC Club Champion will be the highest placed paid up member per event.
8. Enquiries: Keith Palmer Tel: 07778 259082 Email: keithpalmer.athletics@fsmail.net
9. **This event has been kindly supported by The Rotary Club of Leigh-on-Sea.**