

# THE SOUTHEND-ON-SEA ATHLETIC CLUB TRACK & FIELD CHAMPIONSHIPS & OPEN 2019

Bank Holiday Monday August 26th – Garon Park

With Electronic Timing

## TIMETABLE



<u>Track</u>		
10.30am	1 Mile Walk	All (U13/ yr 6 upwards)
11.00am	800m	All (U13/ yr 6 upwards)
11.45am	60/75m	U11's (yr 1,2/ 3,4,5) <b>Tod-Reception</b>
12.00pm	100m	All (U13/ yr 6 upwards)
12.35pm	3000m	GU15, WU17, BU15, MU17
13.00pm	5000m	WU20, SW, VW, MU20, SM, VM,
13.25pm	600m	U11's (yr 3,4,5)
13.45pm	300m	GU15, WU17, BU15
14.00pm	400m	WU20, SW, VW, MU17, MU20, SM, VM
14.25pm	Sprint Hurdles	All (U13/ yr 6 upwards)
15.15pm	150m	U11's (yr 3,4,5) <b>Toddler-Reception Fun 30/40m</b>
15.35pm	200m	All (U13/ yr 6 upwards)
16.10pm	1500m	All (U13/ yr 6 upwards)

<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
12.00pm	MU17, MU20, SM, VM	11.45am	WU17, WU20, SW, VW
13.00pm	GU13, GU15	12.30pm	BU13, BU15
14.00pm	WU17, WU20, SW, VW	13.15pm	MU17, MU20, SM, VM
15.00pm	U11's Boys and Girls (yr 4 & 5)		
<u>Triple Jump</u>		<u>Hammer</u>	
16.15pm	M&F (U15 upwards)	9.15am.	M&F (U15/U17 upwards) (Men may go first if large entries)
<u>High Jump</u>		<u>Discus</u>	
14.30pm	M&F (U13 upwards)	12.00pm	GU13, GU15
		12.45pm	WU17, WU20, SW, VW
		13.30pm	BU13, BU15
		14.15pm	MU17, MU20, SM, VM.
		<u>Javelin</u>	
		15.00pm	GU13, GU15
		15.30pm	WU17, WU20, SW, VW
		16.00pm	BU13, BU15
		16.30pm.	MU17, MU20, SM, VM

An Inspired Facility



1. Open to All & incorporating the Southend AC Club Champs. *Updated 8/7/19*
2. Medals for 1<sup>st</sup> three in each event.
3. Entries are on the day only.
4. Entry Fee £4.00 per event/ £10 per 3 events/ £13 per 4 events/ £15 per 5 events
5. Athletes U11-U17 may compete in a max of 3 events. U20's - 5 events. Snrs - no limit.
6. Throws, long & triple – FOUR trials (Except U11's/U13's THREE trials due to vol. of entries)
7. The Southend AC Club Champion will be the highest placed paid up member per event.
8. Enquiries: Keith Palmer Tel: 07778 259082 Email: keithpalmer400m@gmail.com
9. Veterans will receive medals V35-39, V40-49, V50-59, V60+.
10. Fun Races for Toddlers, Pre School & Reception. Free of charge
11. **This event has been kindly supported by The Rotary Club of Leigh-on-Sea.**