



# MAC

## MENDIP ATHLETICS CLUB



### MAC Pre Season Trials (MAC athletes only) Thursday 21<sup>st</sup> April 16 - PROGRAMME OF EVENTS

MILLFIELD SCHOOL ATHLETICS TRACK, STREET

### Collection of numbers from 5.45pm

#### PLEASE NOTE:

Maximum of **3 events** plus relay per competitor. (NB year 6 athletes can decide to compete on the track as either a year 6 athlete or as an U13 *but must not compete in more than 1 middle distance event or 1 short sprint event ie 80m or 100m not both*)

Athletes should get to their event **5 MINUTES** before the given time.

**Listen for announcements** as the track programme may be brought forward if numbers are low.

Time	TRACK	Time	FIELD
<b>6.00</b>	60m – Years 3 & 4	<b>6.00</b>	High Jump – 0.80m to less than 1.20m
<b>6.10</b>	800m – U13s (B&G)		Javelin – U13 Boys & Girls
<b>6.15</b>	80m – Years 5 & 6		Shot U13 Boys & Girls
<b>6.25</b>	600m – Years 3 & 4 / 5 & 6		Long Jump – Year 5 & 6 / U13 Girls,
<b>6.30</b>	100m – U13 Girls	<b>6.30</b>	High Jump – 1.20 to 1.40m
<b>6.35</b>	100m – U13 Boys		Hammer – Yr 5: 2 Kg Boys: 1Kg Girls
<b>6.40</b>	100m – U15 Boys & Girls		1Kg Hammer – Yr 3/4 Boys & Girls.
<b>6.45</b>	100m – U17Boys & Girls		Shot – Year 5: 2 Kg Boys; 1Kg Girls
<b>6.50</b>	100m – U17+ (U20s, Seniors etc.)		1Kg Shot – Yr 3/4 Boys & Girls.
<b>6.55</b>	U11 Shuttle Relays		Long Jump – Year 3 & 4 Boys & Girls
<b>7.05</b>	U13s 200m		Javelin – U15 Boys & Girls
<b>7.10</b>	U15s 200m	<b>7.00</b>	High Jump – 1.40m +
<b>7.15</b>	U17+ 200m		Discus - U15+ Boys & Girls
<b>7.20</b>	U15B 80mH		Javelin – U17 Boys & Girls
<b>7.25</b>	U15G 75mH		Long Jump – U17 Boys & Girls
<b>7.30</b>	U13B 75mH	<b>7.30</b>	Triple Jump U15+
<b>7.35</b>	U13G 70mH		Long Jump – Year 5 & 6 / U13Boys
<b>7.40</b>	800m – U15s+ (B&G)		Shot U15+ Boys & Girls
<b>7.50</b>	400m U15+		
<b>7.55</b>	3000m		
<b>8.05</b>	4 x 100m relays U13+		

Note - High jump: The bar will start at 80cm at 6.00pm. Please ensure you arrive on time as the bar will not go down. Use lower heights as your warm up.

**Event Contact number – Peter: 07885 694465**



UKA Track & Field Permit: OUT 16/082; Level: 1

[www.mendipac.org.uk](http://www.mendipac.org.uk)

