



# MAC

## MENDIP ATHLETICS CLUB



### MAC Pre Season Trials (MAC athletes only) Thursday 9<sup>th</sup> April 15 - 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)

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

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



UNITED KINGDOM ATHLETICS

UKA Track & Field Permit: OUT 046/15; Level: 1

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

