



# MAC

## MENDIP ATHLETICS CLUB



### MAC Open 2 – Thursday 21<sup>st</sup> May 2015 PROGRAMME OF EVENTS

MILLFIELD SCHOOL ATHLETICS TRACK, STREET, BA16 0YD

**Collection of numbers from 5.30pm, track events start at 5.50pm.  
No entry to track until 5.30pm - athletes can use top field to warm up.**

PLEASE NOTE:

**£4.00 entry fee - free for MAC members.** 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 600m or 800m, 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
5.50	60m – Year 3 & 4	6.00	High Jump – U13 B&G
6.00	80m – Year 5 & 6		Shot U15+ B&G
6.10	600m – Year 3, 4, 5 & 6		Triple Jump U15+ B&G
6.20	100mH – U17B +U20/Snr Women		Javelin – U13 B&G
6.30	80mH – U17G	6.30	High Jump – U15 B&G
6.35	100m – U13 Girls		Howler throw – Year 3,4 & 5 B&G
6.40	100m – U13 Boys		Quoit throw – Year 3,4 & 5 B&G
6.50	100m – U15 Boys & Girls		Long Jump – U13 B&G
7.00	100m – U17 Boys & Girls	7.00	Discus - U15+ B&G
7.05	100m – U17+ (U20s, Seniors etc.)		Long Jump – Year 3, 4 & 5 B&G
7.10	4x60m shuttle relays U11s B & G		Shot: 1Kg Yr3,4 B& G; 2Kg Yr5B; 1Kg Yr5G
7.20	800m – U13s (B&G)		
7.30	55mH Year 3 & 4 30cm High	7.30	Javelin – U15+ B&G
7.40	55mH Year 5 50cm High		Discus U13 B&G
7.50	200m – U13s		Long Jump – U17+ B&G
8.00	200m – U15s		High Jump – U17+ B&G
8.10	200m – U17+	8.00	U15G/U17W 3Kg hammer – <i>this is by invitation only</i> – finish @ 8.30pm
8.15	800m – U15s+ (B&G)		
8.25	4 x 100m relays		
8.40	1000m Steeplechase U13+		

Event Contact Number – Peter: 07885 694465



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

www.mendipac.org.uk

