



MAC

MENDIP ATHLETICS CLUB



MAC Open 3 – Thursday 18th June 15

PROGRAMME OF EVENTS

MILLFIELD SCHOOL ATHLETICS TRACK, STREET, BA16 0YD

Collection of numbers from 5.30pm

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 eg 80m or 100m not both*).

Athletes should get to their event **5 MINUTES** before the given time. **Listen for announcements** as the track & field programme may be brought forward if numbers are low.

Time	TRACK	Time	FIELD
5.50	60m – Years 3 & 4	6.00	High Jump – U13 B & G
6.00	800m – U13B & G		Shot U15+ B & G
6.10	80m – Years 5 & 6		Pole Vault – U13/U15/U17 B & G*
6.30	600m – Years 3, 4, 5 & 6		Javelin – U13 B & G
6.40	100m – U13 Girls	6.30	High Jump – U15 B&G
6.50	100m – U13 Boys		Hammer: 1Kg Yr3,4; 2Kg Yr5 B; 1Kg Yr5 G
7.00	100m – U15 Boys & Girls		Shot: 1Kg Yr 3,4; 2Kg Yr5 B; 1Kg Yr5 G
7.10	100m – U17 Boys & Girls		Long Jump – U13 B & G
7.20	100m – U17+ (U20s, Seniors etc.)	7.00	High Jump – U17+ B & G
7.25	4 x 60m shuttle relays U11 B & G		Discus - U15+ B & G
7.35	4 x 100m relays		Howlers - Year 3,4,5 B & G
7.45	70mH – U13G		Long Jump – Year 3,4,5 B & G
7.55	75mH – U13B	7.30	Javelin – U15+ B & G
8.05	75mH – U15G		Long Jump – U15+ B & G
8.15	80mH – U15B		Shot U13 B & G
8.20	800m – U15s+		
8.35	1500m Steeplechase U17+ girls		

Event Contact Number – Peter: 07885 694465

**NB U13/U15/U17 POLE VAULT: Non-MAC members please contact Peter if you intend to take part and please bring your own poles as MAC only has a small number of poles available. If the weather is bad ie heavy rain/strong winds we are likely to cancel the PV competition for safety reasons and to avoid damage to the uprights. If in doubt about attending, please contact Peter to avoid an unnecessary journey.*

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



www.mendipac.org.uk

