



MAC

MENDIP ATHLETICS CLUB



MAC Open 1 – Thursday 5th May 16 PROGRAMME OF EVENTS

MILLFIELD SCHOOL TRACK, STREET BA16 0YD

Collection of numbers from 5.30pm, all events start at 6.00pm

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 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
6.00	60m – Years 3 & 4	6.00	High Jump* – 0.80m to less than 1.20m
6.10	800m – U13s (B&G)		Shot U15+ B&G
6.20	80m – Years 5 & 6		Triple Jump U15+ B&G
6.30	600m – Years 3 & 4 / 5 & 6		Javelin – U13 B&G
6.40	100m – U13 Girls	6.30	High Jump* – 1.20 to 1.40m
6.50	100m – U13 Boys		Hammer: 1 Kg Yr3&4 B&G, Yr5 G. 2Kg Yr5 B
7.00	100m – U15 Boys & Girls		Shot: 2 Kg Yr 5 B; 1Kg Yr5 G
7.10	100m – U17 Boys & Girls		Long Jump – U13 B&G
7.15	100m – U17+ (U20s, Seniors etc.)		
7.20	Shuttle relays U11 (years 3,4,5)	7.00	High Jump* – 1.40m +
7.30	70mH – U13G		Discus - U15+ B&G
7.35	75mH – U13B		Shot U13 B&G
7.40	75mH – U15G		Long Jump – Year 3, 4 & 5 B&G
7.45	80mH – U15B		
7.50	200m – U13s	7.30	Javelin – U15+ B&G
8.00	200m – U15s		Long Jump – U15 B&G
8.10	200m – U17+		Long Jump – U17+ B&G
8.15	1500m – U15+ (B&G)		
8.25	400m – U15+		
8.30	4 x 100m relays year 6/11 & over		

**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



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