



MAC

MENDIP ATHLETICS CLUB



MAC Open 3 – Thursday 22nd June 17 PROGRAMME OF EVENTS

MILLFIELD SCHOOL ATHLETICS TRACK, STREET, BA16 0YD

**Collection of numbers from 5.30pm, track events start at 6.00pm.
No entry to the track until 5.30pm - athletes can use top field to warm up.**

PLEASE NOTE:

No pre-entry necessary just turn up on the night . £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*). Please note that “Age group +” means that age group and above eg “U15+” means under 15 athletes and anyone in an age group above.

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.

TRAVEL: Please be aware that it's the Glastonbury Festival the week of the Open so allow extra time for your journey and note that the A361 Shepton Mallet – Glastonbury road will be closed to normal traffic. Other roads in the area are likely to be busy!

Time	TRACK	Time	FIELD
6.00	60m – Years 3 & 4	6.00	High Jump – U13 B & G
6.15	80m – Years 5 & 6		Javelin – U13 B & G
6.30	100m – U13 Girls		Hammer: 1Kg Yr3,4; 2Kg Yr5 B; 1Kg Yr5 G
6.40	100m – U13 Boys	6.30	High Jump – U15+ B&G
6.50	100m – U15 Boys & Girls		Discus - U13+ B & G
7.00	100m – U17 Boys & Girls		Shot: 1Kg Yr 3,4; 2Kg Yr5 B; 1Kg Yr5 G
7.05	100m – U17+ (U20s, Seniors)		Long Jump – U13 B & G
7.10	4 x 60m shuttle relays any U11 B & G	7.00	Shot U13 B & G
7.25	4 x 100m relays (can be mixed teams)		Howlers - Year 3,4,5 B & G
7.35	600m – Years 3, 4, 5 & 6		Long Jump – Year 3,4,5 B & G
7.50	70mH – U13G	7.30	Javelin – U15+ B & G
8.00	75mH – U13B		Long Jump – U15+ B & G
8.05	75mH – U15G		Shot U15+ B & G
8.10	80mH – U15B		
8.15	800m – U13s+		
8.25	1500m – U13s+		
		<i>It may take up to a week for the results to be checked. The final results will be submitted to Power of 10 & will also be posted on our website.</i>	

Event Contact Number – Peter: 07885 694465



UKA Track & Field Permit: OUT 17/010; Level: 1

MAC Open 3_22 June 17vfinal – please check website nearer the day as the programme may be subject to change.

www.mendipac.org.uk

