

WORCESTER ATHLETIC CLUB

2017 CLUB CHAMPIONSHIPS - TIMETABLE

Sunday 23rd July at 13:00

Competitors are required to compete in one event from three of the four disciplines – jumps, throws, sprints and middle distance.

Jumps are Long Jump or High Jump for all age-groups.

Throws are Howler for U11; Shot, Discus or Javelin for all other age-groups.

Sprints are 75m or 200m for U11; 100m or 200m for U13; 100m, 200m or 300m U15 & U17W; 100m, 200m or 400m for all other age-groups.

Middle distance events are 600m for U11; 800m, 1500m and 2000m walk for U13; 800m, 1500m, 3000m and 2000m walk for all other age-groups.

U11, U13, U15 and U17 are not allowed to compete in more than THREE events

Track

Field

13:00 75m (U11 only)

13:00 Long Jump (U15 and over)
High Jump (All)
Discus (U15 & U13)

13:30 100m (U13 and over)

13:45 Discus (U17 and over)

14:00 200m (All)

14:25 300m (U15G, U15B & U17W)

14:30 Shot (All except U11)
Long Jump (U13 & U11)

14:35 400m (U17M & all older age groups)

14:50 2k Walk (All ages)

15:00 Javelin (Senior men only)

15:15 70m “Lollipop” race (U9)

15:30 600m (U11 only)

15:30 Javelin (All except U11 & senior men)

15:45 1500m (All except U11)

16:00 Howler (U11 & U13)

16:15 800m (All except U11)

16:45 3000m (U15 and over)

17:00 *Relays will be run if there is enough demand. Please let Derek Cowdrey or Gill Repton know if you are interested.*

NOTES:

1. The High Jump competition will start with the bar at the minimum height and will progress throughout the afternoon - each new height will be announced. Competitors should register by 12:50 at the latest, stating their chosen entry height. **The responsibility rests with competitors to listen out for the height announcements and to be available to jump** or to inform the officials that they wish to attempt the current height.
2. Competitors in all other field events will be allowed 3 trials.
3. The times for field events are subject to alteration according to conditions and number of entries. Again, listen out for the announcements.

Help may be required from parents and non-competing members to enable field events to take place.

During the afternoon raffle tickets will be on sale with a number of items of sports equipment as prizes.

Every championship entrant will be given one free ticket.

Refreshments, including a barbecue, will be available throughout the afternoon.

Medals will be presented as soon as possible after the last event has finished.

Pre-registrations will be taken by Joan Turner at training sessions on Tuesday 18th and Thursday 20th July. Entry fees are £2 for under-17s and below & £3 for older age groups.