

WORCESTER ATHLETIC CLUB

2024 CLUB CHAMPIONSHIPS – TIMETABLE

Sunday 7<sup>th</sup> July 2024 at 11:00hrs

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

To compete for Club Championship medals, competitors are required to compete in one event from three of the four disciplines – jumps, throws, sprints and middle distance. Alternatively, members may choose to just compete in one or two events of their choice.

Jumps are Long Jump and High Jump for U11 and U13, Long Jump, Triple Jump or High Jump for all other age-groups.

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

Sprints are 75m for U11s; 100m or 200m for U13s; 100m, 200m or 300m U15s & U17W; 100m, 200m or 400m for all other age-groups.

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

U11, U13, U15 and U17 are not allowed to compete in more than THREE events and can only compete in 1 middle distance event.

Time	Track	Time	Field
11.00-11.15	75m U11 100m U13B <b>75mH (Entry in advance, please speak to Richard White)</b>	11.00	Discus U13 + TJ U15 +
11.30-11.50	Male sprints U15+ 100m 200m <b>80mH, 100mH, 110mH (Entry in advance), please speak to Richard White</b>	11.30 11.45	HJ 0.91opening height LJ All Female
12.15	300m U15s & U17W 400m U17M+and older age M & F	12.00	Shot U13 +
12.35	70m U10 “Lollipop race”		
12.45 13.10	Female sprints U13+ 100m 200m <b>70mH, 75mH, 80mH, 100mH, 110mH (Entry in advance), please speak to Richard White</b>	12.45 13.15 13.15	Howler U11 LJ All Male HJ 1.31 opening height
13.30	600m - U11 3000m – All U15+ 1500m – Male U13+ 800m- Male U13+	13.30	Javelin Female U13 +
14.15	800m Female U13+ 1500m Female U13+	14.15	Javelin Male U13 +
15.00pm	<b>Relays will be run if there is enough demand. Please let Gill Repton know if you are interested</b>		

## NOTES:

1. There are 2 High Jump competitions. Competition 1 will start with the bar at 0.91m and will progress throughout the competition - each new height will be announced over the loud speakers. Competitors should register by 11:10 at the latest, stating their chosen entry height. Competition 2 will start with the bar at 1.31m and will progress throughout the competition – each new height will be announced over the loud speakers. Competitors should register by 12:55 at the latest. 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. The take off board for the Triple Jump competition will be 5m minimum.
3. Competitors in all field events except the High Jump will be allowed 3 trials.
3. The times for all events are subject to alteration according to conditions and number of entries. Again, listen out for the announcements.
4. Relays will be run if there is enough demand – please speak to Gill Repton.
5. Pre-registration will be taken by Joan Turner and Carole Clark at training sessions on Thursday 27<sup>th</sup> June, Tuesday 2<sup>nd</sup> July and Thursday 4 July 2024. Entry fees are £5.00. There will be entries on the day for all events except for the hurdles which must be entered by Thursday, 4<sup>th</sup> July – please speak to Richard White.
6. Medals will be presented as soon as possible after the last event has finished.