

Young Athlete Open 3
Sunday 28th June 2026
Prince of Wales Stadium

Orange events are U14 - School Years 7 and 8 ONLY
Black events are U12 - School Years 5 and 6 ONLY
Purple events are U10 - School Years 3 and 4 ONLY

Please pay to Elliot Prince, sort code 20 20 15
REF: YAOpen3 Athlete InitialSurname

£8 for first event and £3 for subsequent events

Please note that athletes can arrive at any time they wish during the event

Timetable

9:45am	First arrivals and warm up					
	<u>Track</u>		<u>Field</u>			
10:15am	600m	U10 Girls	Vortex	U12 Girls		
10:30am	600m	U10 Boys	Vortex	U12 Boys		
10:45am	800m	U12 Girls	Vortex	U10 Girls	Vortex	U14 Girls
10:45am	800m	U14 Girls	Vortex	U10 Boys	Vortex	U14 Boys
11am	800m	U12 Boys	Long Jump	U12 Girls		
11am	800m	U14 Boys	Long Jump*	U12 Boys		
11:10am	55mH	U10 Girls				
11:30am	60mH	U10 Boys	Long Jump	U10 Girls		
11:50am	70mH	U12 Girls	High Jump	U14 B&G	High Jump	U12 B&G
12:10pm	75mH	U12 Boys	Shot Put	U14 B&G		
12:30pm	1200m	U12 B&G	Speed bounce	U12 B&G	Long Jump	U10 Boys
12:40pm	1500m	U14 B&G				
12:50pm	60m	U10 Girls	Speed bounce	U10 B&G		
1pm	60m	U10 Boys	Long Jump	U14 B&G		
1:15pm	100m	U12 Girls				
1:30pm	100m	U12 Boys				
1:40pm	100m	U14 B&G				
2pm	Finish and go home					

U10 events	U12 events
60m	100m
600m	800m
	1200m
55/60mH	70/75mH
Vortex	Vortex
Long Jump	Long Jump
	High Jump
Speed bounce	Speed bounce

NU Starz should pay £3 less if the competition falls on their training day.
Entry is a £2 charity donation per family unless one or more children are members.

Please note that medals are for the first 3 in each event.
Where there are too many competitors for a medal, the fastest 3 athletes will receive a certificate.
In these situations, the fastest 3 athletes over the line will receive a certificate.

Presentations for the first 3 overall in each event will be made throughout the day

**If enough helpers to use both pits then will be able to start at the time of the girls event*

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ia/c 03154130

uent events

U14 events

100m

800m

1500m

Vortex

Long Jump

High Jump

Shot Put

their training day.

e family member is volunteering.

each event and not necessarily in
one race, time trials will be run.
erall will receive a medal.