

Club Competition 29/03/15 @ YOSC Entry

£3 for Quad Kids or up to three events.

| Time | Track | Long Jump | Triple Jump | High Jump | Shot | Cage | Javelin |
|-------|-----------|-----------|-------------|-----------|------|------|---------|
| 10.00 | 600m U11B | | | | | | |
| 10.15 | 600m U11G | | | | | | |
| 10.30 | | U11B | | | | | |
| 10.45 | | U11G | | | | | |
| 11.00 | | | | | | | U11B |
| 11.15 | | | | | | | U11G |
| 11.30 | 75m U11B | | | | | | |
| 11.45 | 75m U11G | | | | | | |

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NB U11 DOB After 31/8/04 i.e. year 5 & 4

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|-------|--------------------------------------|----------------|--------|---------------|----------|-----------------------|-----------|
| 12.00 | 800m U13B | | | | U15B | U13B/U15G/U17G Discus | |
| 12.15 | 800m U13G | | | | 4.00kgkg | 1.00kg | |
| 12.30 | 800m U15B | U13G/U15G/U17G | | | U17B | U13G Discus | |
| 12.45 | 800m U15G | | | | 5.00kg | 0.75kg | |
| 13.00 | 800m U17B | | | Girls SH 1.00 | U13B | U17B Discus | |
| 13.15 | 800m U17G | | | | 3.25kg | 1.5kg | |
| 13.30 | | U13B/U15B/U17B | | | U15/17G | U15B Discus | |
| 13.45 | U13/15 can only do 800 OR 1200/1500m | | | | 3.00kg | 1.25KG | |
| 14.00 | | | Girls | Boys SH 1.05 | U13G | | U17B |
| 14.15 | | | 2.75kg | | | 700gm | |
| 14.30 | | Boys | | | | | U15G/U17G |
| 14.45 | | | | | | 500gm | |
| 15.00 | 1500mU13B | | | | | U15B | |
| 15.15 | 1200m U13G | | | | | 600gm | |
| 15.30 | 1500m U15B | | | | | U13B&G | |
| 15.45 | 1500m U15G | | | | | 400gm | |
| 16.00 | 1500m U17B | | | | | U17+G Hammer | |
| 16.15 | 1500m U17G | | | | | 4.00kg | |
| 16.30 | | | | | | U13B/U13G/U15G Hammer | |
| 16.45 | | | | | | 3.00kg | |
| 17.00 | | | | | | U17B Hammer | |
| 17.15 | | | | | | 5.00kg | |
| 17.30 | | | | | | U15B Hammer | |
| 17.45 | | | | | | 4.00kg | |
| 18.00 | | | | | | | |

Complete, tear off and hand in at registration, at least 1/2 hour before your first event.

| | | | | | | | |
|---------------------------|-----|----|---------------------|---------------------|-------------------------|--------|-------------------|
| Name | | | | DOB | | Number | Official use only |
| Address | | | | | | | |
| Email | | | | Telephone | | | |
| Yate & District AC Member | Yes | No | U13 = year 6 & 7 | U15 = Year 8 & 9 | U17= Year 10 & 11 | | |