



BRISTOL & WEST AC

Open Graded Meeting (All ages 9 years on the day to masters) under UKA rules
Avon, Bristol & West and Yate & District Open Track & Field Meeting
Wednesday 23rd May 2018

At the Yate Outdoor Sports Complex, Broad Lane, Yate, Bristol, BS37 7LB

6.30	75m	U11G	6.30	Hammer	U13G, U13B, to SL, SM
6.35	75m	U11B	6.30	Pole Vault	All ages - low as needed
6.40	100m	U13B/U13G	6.45	Long Jump	U11G, U11B, U13G, U13B
6.50	100m	U15B/U15G	7.30	High Jump	All ages from U13
7.00	100m	U17L/U20L/SL/Masters	8.00	Long Jump	U15G, U15B and over
7.15	100m	U17M/U20M/SM/Masters	8.00	Javelin	U13G, U13B and over
7.30	600m	U11G	8.00	Vortex Throw	U11B, U11G
7.35	600m	U11B			
7.40	800m	U13G, U13B U15G U15B, (Age group including County Championship) U17L/M and above (Graded races)			
8.10	300m/400m	300m: U15G, U15B 400m: U17 M & F JL, JM- SL, SM			
8.40	150m /200m	150m: U13G. 200m U13B and above			
9.20	3,000m	U15 and over (Graded races if needed)			

Notes:

Entry fees: £6 for one event plus £2 each subsequent event (e.g. 3 events = £10). Under-11s £6 for 75m, 600m, Long Jump and Vortex throw.

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All athletes must register and collect numbers at least 40 minutes before their first event start time.

Long Jump: each athlete will have 3 trials; up to 3 additional trials allowed at the Field Referee's discretion.

Throws : each athlete will have 6 throws. EDM measurement will be used.

Electronic timing and photo-finish will be available.

U13s/15s/17s will be limited to 3 individual events; U13s/15s cannot double at 800 and 3,000 metres.

Meeting Coordinator - Keith Brackstone at coachkeith53@gmail.com or 07999-511366.