

# Club Competition 26/04/15 @ 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						U11B
10.30		U11G					U11B
10.45		U11G					U11B
11.00		U11B					U11G
11.15		U11B					U11G
11.30	75m U11B						U11G
11.45	75m U11G						

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

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