**THE SOUTHEND-0N-SEA ATHLETIC CLUB**

**TRACK & FIELD CHAMPIONSHIPS & OPEN 2015**

**Bank Holiday Monday August 31st – Garon Park**

# With Electronic Timing TIMETABLE

 **Track**

10.30am 1 Mile Walk All (U13/ yr 6 upwards)

11.00am 800m All (U13/ yr 6 upwards)

11.45am 60-80m U11’s (yr 1,2,3,4,5) Toddlers10-30m

12.00pm 100m All (U13/ yr 6 upwards)

12.35pm 3000m GU15, WU17, WU20, SW, VW, BU15, MU17

13.00pm 5000m MU20, SM, VM,

13.25pm 600m U11’s (yr 3,4,5)

13.45pm 300m GU15, WU17, BU15

14.00pm 400m WU20, SW, VW, MU17, MU20, SM, VM

14.25pm Sprint Hurdles All (U13/ yr 6 upwards)

15.15pm 150m U11’s (yr 3,4,5) Toddlers 10-30m

15.35pm 200m All (U13/ yr 6 upwards)

16.10pm 1500m All (U13/ yr 6 upwards)

***Jumps*  Field *Throws***

Long Jump Shot Putt

11.00am BU13, BU15 11.00am GU13, GU15

12.00pm MU17, MU20, SM, VM 11.45am WU17, WU20, SW, VW

13.00pm GU13, GU15 12.30pm BU13, BU15

14.00pm WU17, WU20, SW, VW 13.15pm MU17, MU20, SM, VM

15.00pm U11’s Boys and Girls (yr 4 & 5)

Hammer

Triple Jump 10.15am M&F All (U17 upwards)

16.15pm M&F (U15 upwards)

 Discus

High Jump 12.00pm GU13, GU15

11.30am M All Ages (U13 upwards) 12.45pm WU17, WU20, SW, VW

14.00pm F All Ages (U13 upwards) 13.30pm BU13, BU15

 14.15pm MU17, MU20, SM, VM

 Javelin

 15.00pm GU13, GU15

 15.30pm WU17, WU20, SW, VW

**Celebrating Our Brand New Club House** 16.00pm BU13, BU15

16.30pm MU17, MU20, SM, VM

1. Open to All & incorporating the Southend AC Club Champs.
2. Medals for 1st three in each event.
3. Entries are on the day only.
4. Entry Fee £4.00 per event/ £10 per 3 events/ £13 per 4 events/ £15 per 5 events
5. Athletes U11-U17 may compete in a max of 3 events. U20’s - 5 events. Snrs - no limit.
6. Throws, long & triple – FOUR trials (Except U11’s/U13’s THREE trials due to vol. of entries)
7. The Southend AC Club Champion will be the highest placed paid up member per event.
8. Enquiries: Keith Palmer Tel: 07778 259082 Email: keithpalmer400m@gmail.com
9. Veterans will receive medals V35-39, V40-49, V50-59, V60+.
10. Fun Races for Toddlers, Pre School & Reception. Free of charge
11. **This event has been kindly supported by The Rotary Club of Leigh-on-Sea.**