

**June 6<sup>th</sup> Wednesday Evening Open 5:30 to 8:30**

**Closing Date May 30<sup>th</sup> - NO LATE ENTRIES**

**Provisional timetable**

**Quad Kids Girls & Boys (Year 4 & 5)**

Time	Event	Age Group
6:00	75m	All ages B&G
6:30	Long Jump	Boys
6:30	Howler	Girls
7:00	Howler	Boys
7:00	Long Jump	Girls
7:45	600m	Boys & Girls

**Track timetable**

Races will be seeded using the in PB/SB entered at the time of booking.

Time	Event	Age Group
6:30	100m	U13 and above
7:00	800m	U13 and above
8:10	300m	U15 and above
8:30	1 mile	U15 and above

**Field Timetable**

With the exception of High Jumps all field events will be 4 trials. Field events will be limited to a maximum of 15 athletes

Time	Event	
6:00	Shot	U13 & 15 Boys & Girls
6:00	Long Jump	U13 & 15 Boys & Girls
6:00	Hammer	U15 and above
6:50	Shot	U17 and above
7:00	Triple Jump	U15 and above
7:10	High Jump	U13 & U15 Boys & Girls
7:30	Javelin	U13 and above
8:00	Long Jump	U17 and above

**For more information and enter on-line visit:**

<http://www.southamptonathleticclub.org.uk>

By entering the open - You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.