

Wednesday 22nd May Evening Open 6:00 to 8:30

Closing Date 15th May – 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

Time	Event	Age Group
6:30	200m	U13 and above
7:00	800m	U13 and above
8:10	400m	U15 and above
8:20	1 mile	U15 and above

Field Timetable

Time	Event	Age Group
6:15	Discus Throw	All Ages
6:15	Long Jump	All Ages
6:15	Shot Putt	All Ages
7:30	Javelin Throw	All Ages
7:30	High Jump	All Ages
7.30	Shot Putt	All Ages

Please Note:

- Athletes U13 to U17 can enter up to 3 events
- U15 athletes cannot compete in both 800m and 1mile
- Races will be seeded using the PB/SB entered at the time of booking.
- Entry numbers are limited for field events to a maximum of 12.
- Throws will be offered 6 trials, Long Jump will be offered 4 trials
- High Jump, no minimum start height and progressions will be 5cm.
- This is a draft timetable and the timing of events may change based on the number of volunteers we have and the number of athletes entered

For more information and enter on-line visit <http://www.southamptonathleticclub.org.uk>

Register to help

These events are only possible with the help and support of volunteers, if you or a friend or relative would like to be part of the team for the open please provide contact information when entering.

General Data Protection Registration

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