

SPENBOROUGH & DISTRICT ATHLETIC CLUB

The Spring Open Meeting

Sunday 24th March 2019

At the Princess Mary Athletic Stadium, Bradford Road, Cleckheaton. WF15 6LW



Hammer and Pole Vault start 10.00am, other Field events 10.30am

Track Events start 11.30am

Under 11 Boys	75m,	150m,	600m,	Long Jump,	Shot
Under 11 Girls	75m,	150m,	600m,	Long Jump,	Shot
Under 13 Boys	80m,	150m,	1200m,	Long Jump, Pole Vault,	High Jump, Javelin, Shot
Under 13 Girls	80m,	150m,	1200m,	Long Jump, Pole Vault,	High Jump, Javelin, Shot
Under 15 Boys	100m,	200m,	300m,	800m,	Long Jump, Pole Vault, High Jump, Javelin, Shot
Under 15 Girls	100m,	200m,	300m,	800m,	Long Jump, Pole Vault, High Jump, Javelin, Shot
Under 17 Men	100m,	200m,	800m,	Long Jump, Pole Vault,	Discus, Javelin, Shot, Hammer
Under 17 Women	100m,	200m,	800m,	Long Jump, Pole Vault,	Discus, Javelin, Shot, Hammer
Junior Men	100m,	200m,	400m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Senior Men	100m,	200m,	400m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Junior Women	100m,	200m,	400m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Senior Women	100m,	200m,	400m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer

Field Events – All competitors get 4 trials. Except Under 11's who will receive a maximum of 3 trials.

Track Events – All races are decided on times – no heats or finals

The organisers reserve the right to amend the programme without notice

Masters/Veterans are invited to throw their age-appropriate implement weight in field trials

Online & Postal Entries - £5.00 first event, £3.00 per additional event

Entries on the Day - £6.00 per event

Cheques made payable to 'Spensborough & District AC'

Entries on the day must be placed before 10.00am for field events and 11.00 am for track events

Numbers to be collected on the day

Closing date for postal entries 11th March 2019

UKA rules incorporating IAAF rules apply (max. 3 events U17 and below. Minimum age for entry 8 years.

Age as at 31st August in year of competition.)

Any queries contact: www.spenac.co.uk

Postal Entries to: Meeting Secretary, 4 George Street, Cleckheaton, BD19 3NA

PLEASE COMPLETE IN BLOCK CAPITALS

Name: Male/Female (please circle)

Email: Tel No:

Club:

Date of Birth: Age Group:

Events you wish to enter: