

# WORCESTER ATHLETIC CLUB OPEN MEETINGS 2018

Nunnery Wood Sports complex, Worcester, WR5 2NL

These programs (events and times) may change up to three days before the actual date of the meeting. Please check two days beforehand. Any changes will be highlighted.

## Track

## Field (EDM on all long throws)

### Tuesday 17<sup>th</sup> April

7.00 pm	100m	U17/U20/Snr/Vet	6.30 pm	Long Jump U11 (3 trials)
7.25 pm	100m	U15	7.00 pm	Shot Putt All ages except U11 (4 trials)
7.40 pm	100m	U13	7.00 pm	High Jump (1.40m opening height)
7.50 pm	75m	U11	8.00 pm	Triple Jump U15/U17/U20/Snr/Vet (4 trials) (min board 5m)
8.00 pm	2000m	U15/U17/U20/Snr/Vet <sup>NOTE A</sup>		
8.30 pm	600m	All ages		
8.45 pm	200m	U15/U17/U20/Snr/Vet		

### Tuesday 15<sup>th</sup> May

7.00 pm	200m	All ages except U11	6:30 pm	Howler Throw U11 only
7.30 pm	75m	U11	7.00 pm	Long Jump U17/U20/Snr/Vet (4 trials)
7.40 pm	800m	All ages except U11 <sup>NOTE A</sup>	7.00 pm	High Jump (0.90m opening height)
8.00 pm	400m	U15/U17/U20/Snr/Vet	7.30 pm	Javelin All ages except U11 (4 trials) <sup>NOTE B</sup>
8.10 pm	300m	U15/U17		
8.20 pm	3000m	U15/U17/U20/Snr/Vet <sup>NOTE A</sup>		
8.45 pm	100m	U17/U20/Snr/Vet		

### Thursday 7<sup>th</sup> June

7.00 pm	100m	U13	7.00 pm	High Jump (1.25m opening height)
7.10 pm	100m	U15/U17/U20/Snr/Vet	7.00 pm	Hammer U15/U17/U20/Snr/Vet (4 trials) <sup>NOTE B</sup>
7.35 pm	75m	U11	7.15 pm	Long Jump U13 (3 trials)
7.45 pm	400m	U20/Snr/Vet		
8.00 pm	300m	U15/U17		
8.10 pm	200m	U11/U13/U15		
8.30 pm	Mile	All ages except U11		

### Thursday 9<sup>th</sup> August

7.00 pm	200m	All ages	7.00 pm	Discus All ages except U11 (4 trials) <sup>NOTE B</sup>
7.30 pm	75m	U11	7:00 pm	Pole vault All ages except U11 (1.50m op height) <sup>NOTE C</sup>
7.40 pm	800m	All ages <sup>NOTE A</sup>	7.00 pm	Long Jump U15 (4 trials)
8.00 pm	400m	U15/U17/U20/Snr/Vet		
8.10 pm	300m	U15/U17		
8.20 pm	1500m	U15/U17/U20/Snr/Vet <sup>NOTE A</sup>		
8.45 pm	100m	U17/U20/Snr/Vet		

NOTE A U11/U13/U15 may only compete in one of these events in one meeting.

NOTE B This event may be split into age groups depending on the number of entrants.

NOTE C There are no stadium poles so all competitors should bring their own.

U11 may not compete in more than 2 events in one meeting.

U13/U15/U17 may not compete in more than 3 events in one meeting.

All entries taken on the day.

Entry fees: Senior/U20 £7.00

U13/U15/U17 £6.00

U11 £4.00

The above timetable shows the earliest start times. These may vary depending on the number of entrants.

Events held under UKA rules. Permits issued.

Enquiries to: [info@worcester-ac.co.uk](mailto:info@worcester-ac.co.uk)

Web site: [www.worcester-ac.co.uk](http://www.worcester-ac.co.uk)