

# WORCESTER ATHLETIC CLUB

## OPEN MEETINGS 2024

Nunnery Wood Sports complex, Worcester, WR5 2NL

# £50 Prizes

**A £50 prize will be offered to the athlete (U17 or older only) who produces the best performance across the three meetings relative to their age corrected best performance since 1 January 2023 - as measured through a handicap scheme based on athletic scoring tables.**

**A separate £50 prize will be offered to the Worcester AC athlete (again U17 or older only) who produces the best “scratch” performance across the three meetings – again as measured through athletic scoring tables.**

### Track

#### Thursday 25<sup>th</sup> April

6.30 pm	70m Hurdles	U13G
6.40 pm	75m Hurdles	U13B, U15G
6.55 pm	80m Hurdles	U15B,U17W,MW40+
7.10 pm	100m Hurdles	{U17M,U20W,SW, {MW35,MM50+
7.20 pm	110m Hurdles	U20M,SM,MM35,MM40
7.40 pm	800m	All ages except U11
8.10 pm	200m	All ages except U11
8.40 pm	3000m	All ages except U11/U13

### Field (EDM on all long throws)

6.30 pm	Long Jump U15 (3 trials)
6.30 pm	Shot Putt U13, U15 (3 trials)
7.00 pm	High Jump (0.91m opening height) 5cm progression to 1.21, 3cm thereafter
7.45 pm	Shot Putt U17 and above (4 trials)
7.45 pm	Triple Jump U15/U17/U20/Snr/Vet (4 trials) (min board 5m)

#### Tuesday 25<sup>th</sup> June

7.00 pm	100m	U13	6.30 pm	Howler Throw U11 only
7.10 pm	100m	U15/U17/U20/Snr/Vet	6.30 pm	High Jump (1.31m opening height) 5cm progression to 1.51, 3cm thereafter
7.35 pm	75m	U11	6.30 pm	Long Jump U13, U15 (3 trials)
7.45 pm	400m	U17/U20/Snr/Vet	7.45 pm	Discus All ages except U11 (4 trials)
8.00 pm	300m	U15/U17	7.45 pm	High Jump (0.91m opening height) 5cm progression to 1.21, 3cm thereafter
8.10 pm	200m	All ages except U11	8.00 pm	Long Jump U17/U20/Snr/Vet (4 trials)
8.45 pm	1500m	All ages except U11		

#### Thursday 1<sup>st</sup> August

6.45 pm	200m	All ages	6.30 pm	Javelin All ages except U11 (4 trials)
7.20 pm	75m	U11	6.30 pm	High Jump (0.92m opening height) 5cm progression to 1.22, 3cm thereafter
7.35 pm	800m	All ages	6.30 pm	Triple Jump U15 and above (4 trials)
8.00 pm	400m	U15/U17/U20/Snr/Vet	7.45 pm	High Jump (1.32m opening height) 5cm progression to 1.52, 3cm thereafter
8.10 pm	300m	U15/U17	7.45 pm	Long Jump U15 and above (4 trials)
8.20 pm	1500m	All ages except U11		
8.50 pm	100m	All ages except U11		

All entries via OpenTrack.run.

Entry fees per athlete: Senior/U20 £8.00 U17 £7.00 U13/U15 £6.50 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. 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)