

WORCESTER ATHLETIC CLUB

2010 CLUB CHAMPIONSHIPS - TIMETABLE

Sunday 12th September at 13:00

Competitors are required to complete one jump, one throw, one sprint event (100m, 200m, 400m or 800m for senior men; 75m or 200m for U11; 100m or 200m for U13; 100m, 200m or 400m for all other age groups) and one middle distance event (walk for all ages; 1500m or 3000m for senior men; 600m for U11; 800m or 1500m for U13; 800m, 1500m or 3000m for all other age groups). Senior Men does NOT include Vets.

<u>Track</u>	<u>Field</u>
13:00 800m (Senior Men only)	13:00 Long Jump (U15 and over)
13:15 75m (U11 only)	13:00 High Jump (All)
13:30 100m (U13 and over)	13:00 Discus (U15 & U13)
14:00 200m (All)	13:45 Discus (U17 and over)
14:30 400m (U15 and over)	14:30 Shot (All except U11); Long Jump (U13 & U11)
14:50 3k Walk (All ages)	15:00 Javelin (Senior men only)
15:30 3000m (U15 and over)	15:30 Javelin (All except U11 & senior men)
16:00 600m (U11 only)	15:45 Ball Throw (U11 & U13)
16:20 800m (All except U11 & senior men)	
16:45 1500m (All except U11)	
17:00 BARBECUE followed, at about 18:00, by PRESENTATIONS	

NOTES:

1. The High Jump competition will start with the bar at the minimum height and will progress throughout the afternoon - each new height will be announced.
Competitors should register at 13:20, stating their chosen entry height.
The responsibility rests with the athlete to listen out for the height announcements and to be available to jump or to inform the officials that they wish to attempt the current height.
2. Competitors in all other field events will be allowed 3 trials.
3. The times for field events are subject to alteration according to conditions and number of entries.
Again, listen out for the announcements.