

AVON & WEST OF ENGLAND OPEN TRACK & FIELD CHAMPIONSHIPS
YATE OUTDOOR SPORTS COMPLEX , Saturday 8th May 2010

Select events by ticking the appropriate white boxes in the matrix.

Maximum number of events for U13, U15, U17 is 3.

Maximum events for U20 is 5.

No limit for Seniors.

Fees: -

Under 13,15,17 - £3 first event, £1 each subsequent event.

U20, Senior - £3 first event, £2 each subsequent event.

Cheques payable to Avon Athletic Association.

Do not send cash or recorded delivery.

Closing date:- 1st May 2010.

Entries to :-

Avon & W of E Champs,
 Bibstone Cottage,
 Cromhall,
 Wotton-under-edge,
 Gloucestershire GL12 8AE

Entry confirmation by Email

Collect numbers on the day

www.avon-aa.org.uk

Name	
Birth Date	
Telephone	
Email	
Club/School	
Avon Qual.	Yes / No

	U13G	U15G	U17W	U20W	SW	U13B	U15B	U17M	U20M	SM
100										
200										
300										
400										
800										
1500										
3000										
5000										
70H										
75H										
80H										
100H										
110H										
300H										
400H										
Shot										
Discus										
Javelin										
Hammer										
Pole V										
Long J										
Triple J										
High J										

PROVISIONAL TIMETABLE SUBJECT TO CHANGE DEPENDING ON ENTRIES			
	TRACK		FIELD FINALS
10:00	100m Heats	10:00	Hammer U15/U17/U20/Sen Male & Female
10:40	300m Hurdles	10:00	Triple Jump 9 metre board
10:50	400m Hurdles	10:00	High Jump (Start height 1m40)
11:00	800m Finals	11:30	Triple Jump 11 metre board
11:45	100m Finals	11:30	Discus – SM,U20M, U17M, U15B
12:20	3000m Final	11:30	Shot Putt – SW, U20W, U17W, U15B
12:40	70m Hurdles	12:00	Pole Vault all ages
12:45	75m Hurdles	13:00	Discus – SW, U20W, U17W, U15G, U13B, U13G
12:50	75m Hurdles	13:00	Shot – SM, U20M, U17M
12:55	80m Hurdles	13:00	Long Jump – SM, U20M, U17M, U15B
13:00	80m Hurdles	14:30	Javelin SW, U20W, U17W, U15B, U15G
13:05	100mHurdles	14:30	Long Jump – SW, U20W, U17W, U15G
13:10	110m Hurdles	14:30	High Jump (Start height 1m15)
13:20	200m Heats	16:00	Javelin SM, U20M, U17M
14:05	1500m Finals	16:00	Long Jump – U13G, U13B
15:00	200m Finals	16:00	Shot - U13B, U15G, U13G
15:45	5000m Final		
16:25	300m Final		
16:30	400m Finals		