



MAC

MENDIP ATHLETICS CLUB



MAC Open 1 – Thursday 9th May 2019– Held under UKA Rules PROGRAMME OF EVENTS

MILLFIELD SCHOOL TRACK, STREET BA16 0YD

**Entry on the day only. Collection of numbers from 6.00pm, track events start at 6.30pm.
No entry to the track until 6.15pm - athletes can use top field to warm up.**

PLEASE NOTE:

£5.00 entry fee - free for MAC members. Maximum of **3 events** plus relay per competitor (year 6 athletes may decide to compete on track as either a year 6 or as an U13 BUT NOT BOTH) **Under 15's must not compete in more than 1 middle distance event.** Track events may be held as graded time-trials subject to number of entries. Please pre-register at the entry desk for Hurdles events. Please note that "Age group +" means that age group and above eg "U15+" means under 15 athletes and anyone in an age group above. All relevant FIELD events for U13 and above athletes will be supported with the use of wind-gauges. SOME of the track events MAY have wind gauge readings.

Athletes should get to their event **5 MINUTES** before the given time. **Listen for announcements** as the track programme may be brought forward if numbers are low. All Hurdles/Steeplechasers please register for these events when you collect your number.

Time	TRACK	Time	FIELD
6.30	60m – Years 3 & 4	6.30	High Jump* – 0.80m to less than 1.20m
6.45	800m – U13+		Shot U15+older B&G
6.55	80m – Years 5 & 6		Triple Jump U15+older B&G
7.05	600m – Years 3 & 4 & 5		Javelin – U13 B&G
7.15	100m – U13+	7.00	High Jump* – 1.20 to 1.40m
7.40	U11 Shuttle Relays		Hammer: 1 Kg Yr3&4 B&G, Yr5 G. 2Kg Yr5 B
7.45	200m – U13+		Shot: 2 Kg Yr 5 B; 1Kg Yr5 G
8.00	80mH – U15B / U17W		Long Jump – U13 B&G
	75mH – U15G / U13B	7.30	High Jump* – 1.40m +
	70mH – U13G		Discus - U15+older B&G
8:20	400m – U15+		Long Jump – Year 3, 4 & 5 B&G
8:30	1500m – U13+	8.00	Javelin – U15+older B&G
8:40	4 x 100m relays U13+		Shot U13 B&G
8.45	1000m Steeplechase U13+ <i>low height</i>		Long Jump – U15+older B&G
<i>NOTE: It may be possible to hold a 1500m Steeplechase event if there is demand. Please contact Ian (see below) if interested.</i>			

**Note - High jump: The bar will start at 80cm at 6.30pm. Please ensure you arrive on time as the bar will not go down. Use lower heights as your warm up!*

Photography – photo permits available from the announcer's hut. Athletes who do not wish to be photographed must put a large "X" on their number. Note that Mendip AC cannot guarantee that any athletes displaying an "X" will not be photographed.

RESULTS: We will endeavour to publish results on the Mendip AC website within two days of each competition, and will submit to Powerof10 at the same time. It may take up to a week for confirmed results to appear on the Powerof10 website.

Event Contact Number – Ian: 0798 5160526



UNITED KINGDOM ATHLETICS

UKA Track & Field Permit: OUT 19/222; Level: 1



www.mendipac.org.uk

MAC Open 1_9 May 2019 Final – **please check website nearer the day as the programme may be subject to change.**

