



# MAC

## MENDIP ATHLETICS CLUB



### MAC Open 3 – Thursday 21<sup>st</sup> June 18 PROGRAMME OF EVENTS

MILLFIELD SCHOOL ATHLETICS TRACK, STREET, BA16 0YD

**Collection of numbers from 5.30pm, track events start at 6.00pm.  
No entry to the track until 5.30pm - athletes can use top field to warm up.**

**PLEASE NOTE:**

**No pre-entry necessary just turn up on the night. £4.00 entry fee - free for MAC members.** Maximum of **3 events** plus relay per competitor (NB year 6 athletes can decide to compete on the track as either a year 6 athlete or as an U13 **but must not compete in more than 1 middle distance event or 1 short sprint event ie 600m or 800m, 80m or 100m, not both**). Please note that “Age group +” means that age group and above eg “U15+” means under 15 athletes and anyone in an age group above.

Athletes should get to their event **5 MINUTES** before the given time. **Listen for announcements** as the track & field programme may be brought forward if numbers are low.

Time	TRACK	Time	FIELD
6.00	60m – Years 3 & 4	6.00	High Jump – U13 B & G
6.20	80m – Years 5 & 6		Javelin – U13 B & G
6.35	100m – U13 Girls		Quoit Throw – Yr 3,4,5 B & G
6.40	100m – U13 Boys	6.30	High Jump – U15+ B&G
6.45	100m – U15 Boys & Girls		Discus - U13+ B & G
6.50	100m – U17 Boys & Girls		Shot: 1Kg Yr 3,4; 2Kg Yr5 B; 1Kg Yr5 G
6.55	100m – U17+ M & W (U20s, Seniors)		Long Jump – U13 B & G
7.00	4 x 60m shuttle relays any U11 B & G	7.00	Shot U13 B & G
7.15	4 x 100m relays (can be mixed teams)		Howlers - Year 3,4,5 B & G
7.25	600m – Years 3, 4, 5 & 6		Long Jump – Year 3,4,5 B & G
7.40	800m – U13+ B & G	7.30	Javelin – U15+ B & G
8.00	70mH – U13G		Long Jump – U15+ B & G
8.10	75mH – U13B		Shot U15+ B & G
8.15	75mH – U15G		
8.20	80mH – U15B		
8.25	1500m – U13+ B & G		
8.40	1000m Open Steeplechase U13+B&G		
<b>If numbers permit, age-groups may be combined as appropriate.</b>		<i>It may take up to a week for the results to be checked. The final results will be submitted to Power of 10 &amp; will also be posted on our website. If you do not want your athlete's results posted on Power of 10 or on our website or elsewhere, you MUST tell us when you collect your numbers. Photography –photo permits available from the announcer's hut. Athletes who are not allowed to be photographed must put a large "X" on their number. Note that MAC cannot guarantee that any athletes displaying an "X" will not be photographed.</i>	

**Event Contact Number – Peter: 07885 694465**



**UKA Track & Field Permit: OUT 18/091; Level: 1**

MAC Open 3\_21 June 18vfinal\_1 – please check website nearer the day as the programme may be subject to change.

www.mendipac.org.uk

