



# MAC

## MENDIP ATHLETICS CLUB



### MAC Open 1 – Thursday 3<sup>rd</sup> May 18 PROGRAMME OF EVENTS

MILLFIELD SCHOOL TRACK, STREET BA16 0YD

Collection of numbers from 5.30pm, all events start at 6.00pm

#### PLEASE NOTE:

**£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 80m or 100m not both*)

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.

Time	TRACK	Time	FIELD
6.00	60m – Years 3 & 4	6.00	High Jump* – 0.80m to less than 1.20m
6.10	800m – U13s (B&G)		Shot U15+ B&G
6.20	80m – Years 5 & 6		Triple Jump U15+ B&G
6.30	600m – Years 3 & 4 / 5 & 6		Javelin – U13 B&G
6.40	100m – U13 Girls	6.30	High Jump* – 1.20 to 1.40m
6.50	100m – U13 Boys		Hammer: 1 Kg Yr3&4 B&G, Yr5 G. 2Kg Yr5 B
7.00	100m – U15 Boys & Girls		Shot: 2 Kg Yr 5 B; 1Kg Yr5 G
7.10	100m – U17 Boys & Girls		Long Jump – U13 B&G
7.15	100m – U17+ (U20s, Seniors etc.)		
7.20	Shuttle relays U11 (years 3,4,5)	7.00	High Jump* – 1.40m +
7.30	70mH – U13G		Discus - U15+ B&G
7.35	75mH – U13B		Shot U13 B&G
7.40	75mH – U15G		Long Jump – Year 3, 4 & 5 B&G
7.45	80mH – U15B		
7.50	200m – U13s	7.30	Javelin – U15+ B&G
8.00	200m – U15s		Long Jump – U15 B&G
8.10	200m – U17+ (U20s, Seniors etc.)		Long Jump – U17+ B&G
8.15	1500m – U15+ (B&G)		
8.25	400m – U15+ (B&G)		<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>
8.30	4 x 100m relays year 6/11yrs & over		

*\*Note - High jump: The bar will start at 80cm at 6.00pm. Please ensure you arrive on time as the bar will not go down.*

*Use lower heights as your warm up!*

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



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

[www.mendipac.org.uk](http://www.mendipac.org.uk)

MAC Open 1\_3 May 18vfinal – **please check website nearer the day as the programme may be subject to change.**

