



MAC

MENDIP ATHLETICS CLUB



MAC Open 2 – Thursday 24th May 2018 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 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 programme may be brought forward if numbers are low.

Time	TRACK	Time	FIELD
6.00	55mH Year 3 & 4 30cm High	6.00	High Jump – U13 B&G
6.10	55mH Year 5 50cm High		Shot U15+ B&G
6.20	100mH – U17B +U20/Snr Women		Triple Jump U15+ B&G
6.30	80mH – U17G		Javelin – U13 B&G
6.35	60m – Year 3 & 4	6.30	Quoit throw – Year 3,4 & 5 B&G
6.45	80m – Year 5 & 6		Long Jump – U13 B&G
7.00	100m – U13 Girls	6.45	High Jump – U15 B&G
7.10	100m – U13 Boys		Howler throw – Year 3,4 & 5 B&G
7.20	100m – U15 Boys & Girls	7.00	Discus - U15+ B&G
7.30	100m – U17 Boys & Girls		Long Jump – Year 3, 4 & 5 B&G
7.35	100m – U17+ (U20s, Seniors etc.)		Shot: 1Kg Yr3,4 B& G; 2Kg Yr5B; 1Kg Yr5G
7.40	600m – Year 3, 4, 5 & 6	7.30	Javelin – U15+ B&G
7.55	200m – U13s		Discus U13 B&G
8.05	200m – U15s		Long Jump – U17+ B&G
8.10	200m – U17+		High Jump – U17+ B&G
8.15	300m – U15G/U15B		
8.20	400m – U17+ W & M	<i>It may take up to a week for the results to be checked. The final results will be submitted to Power of 10 & 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>	
8.25	800m – U13s (B&G)		
8.35	800m – U15s+ (B&G)		
8.45	4 x 100m relays (yr6/11yrs & above)		

Event Contact Number – Peter: 07885 694465



UKA UNITED KINGDOM ATHLETICS
UKA Track & Field Permit: OUT 18/091; Level: 1
MAC Open 2_24 May 18vfinal – please check website nearer the day as the programme may be subject to change.
www.mendipac.org.uk

