

Southampton Athletic Club Open Evening Meeting

“Under UKA Rules” “Electronic Timing”

The Outdoor Sports Centre, Southampton

Wednesday 25th May 2011

Track

6.30	75m	Quad Kids
6.45	100m	All age groups (U13 – Masters)
7.10	800m	All age groups (U13 – Masters)
7.25	600m	Quad Kids
7.35	3000m	U15 - Masters
7.50	400m	U17 - Masters
8.15	1500m s/c	U17 – Masters (men only)

Field

6.00	Vortex throw	Quad Kids
6.30	Hammer	U15 – Masters
6.30	High Jump	U13 - Masters
6.45	Long Jump	Quad Kids
7.30	Shot Putt	U13 - Masters
7.30	Long Jump	U13 – Masters

All throws and Long Jump – minimum of 4 attempts

Quadkids aged 8 to 10 years (Year 4 and Year 5) on 25 May 2011

Southampton Athletic Club

Full Name

Date of Birth

Male/Female (Circle as appropriate)

Club/School.....

Age Group QUAD KIDS/U13/U15/U17/U20/Seniors/Masters (Circle as appropriate)

Address

.....

Tel No

Events enteredPayment of..... enclosed

Entry Fees: £2.00 per event in advance (£2.50 on the evening of competition)

Quadkids £5 (4 events)

Cheques made payable to Southampton Athletic Club

Entries by post only to: Mark West, 11 Landguard Road, Southampton, Hants,

SO15 5DL E-mail: andwesty@aol.com