

R&N Spring Medal Open - Saturday 12th April

Rugby Athletics Track, Queens Diamond Jubilee Leisure Centre,
Bruce Williams Way, Rugby, CV22 5LJ



ENTRY

☺ UKA Rules ☺ Open to all athletes ☺ Maximum 3 events per junior competitor up to u17

☺ **NO on the day entries for field events** ☺ **Closing Date for advance FIELD entries**
midnight Saturday 5th April (may close earlier if full) and TRACK Thursday 9th April ☺

Entries to Track Events close 30 minutes before the start time ☺ **Collect Numbers on day**
before 1st event

Postal or hand entries **£4 for 1 event, £7 for 2 events, £10 for 3 events.**

Entries on the day £6 per event

Forms and details available on club website randnac.org

Send completed forms plus payment to ~**Janet Wright, 47 Hillmorton Road, Rugby, Warks, CV22 5AB**

Cheques payable to **Rugby and Northampton AC**

Medals to **1st, 2nd and 3rd** for all Under 11 to Under 15 events, and above if more than 2 competitors. Age Group **GRADED** heats, medals based on time trials where necessary.

ON THE DAY



Registration opens from **8:30am** for collection of numbers and new event registration ☺ **Superb Hot**
& **Cold Refreshments** on site ☺ **Loads of Parking** on site or at The Hospital of St Cross

ENQUIRIES: Janet Wright on janet@ranac.co.uk OR janet.wright@foodsc.co.uk 07973 346437

TIMETABLE

09:00		Hammer U15+	EVENTS BY AGE GROUP
10:00	400m hurdles U17B +, U20 Women +	3 throws & 3 further if above 25m Long Jump U15+ (2 pits) High Jump U11 & u13	Under 11's (8+) 600m, 75m, 150m High Jump, Long Jump, Howler Under 13's 75m (g), 100m (b), 150m (g), 200m (b), 800m, 1500m, Hurdles Long Jump, High Jump, Shot, Javelin Discus Under 15's 100m, 200m, 300m, 800m, 1500m, Hurdles Long Jump, High Jump, Triple Jump, Shot, Javelin, Discus, Hammer Under 17 100m, 200m, 300m (g), 400m (b), 800m, 1500m, 1500m SC, Hurdles Long Jump, High Jump, Triple Jump, Shot, Javelin, Discus, Hammer
10:15	300m hurdles U17W		
10:25	800m U13 +		
10:45	600m U11	Elite Hammer 6 throws COMPETITION FULL	
11:15	100m U13B +, U15G+	Shot Under 13 Boys & Girls - 3 throws Triple Jump U15+	
12:00	75m U11 Boys and Girls U13 Girls		
12:30	400m U17B + and U20W +	Discus U15+ 3 throws & 3 further if above 25m	
12:45	300m U15 Boys and u17W		
13:00	TRACK BREAK	High Jump U15+	
13:15	110m Hurdles SM, U20M	Long Jump U11 & U13	
13:30	100m Hurdles U17M, SW, U20W		
13:45	80m Hurdles U15B, U17W	Discus U13 - 3 throws	
14:00	75m Hurdles U13B, U15G	Shot Under 15+ 3 throws & 3 further if above 9m	
14:15	70m Hurdles U13G		
14:30	1500m U13 +		
14:45		Howler Under 11 Javelin Under 13	
15:00	1500m Steeplechase U17M, U17W, U20W		
15:15	150m U11 Boys & Girls U13 Girls		
15:30	200m U13 Up		
15:45		Javelin Under 15+	