

R&N Rugby Spring Medal Open – Saturday 14th 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 field entries ☺ Closing Date midnight Thursday 12th April (field events may close earlier if full) ☺ On the Day track entries

Advance Entries £5.50 per event On the Day Entries – Track ONLY - £9 per event

ON LINE ENTRY via <https://entry4sports.co.uk/athletes/entryform>

PAPER ENTRY FORM available on www.randnac.org

Send completed forms plus payment to **Janet Wright, 47 Hillmorton Road, Rugby, Warks, CV22 5AB** or if Rugby Based leave at club shop (Cash or Cheque 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. Medals based on time trials where necessary.

ON THE DAY

 Registration opens from **8:15am** for collection of numbers and new event registration ☺ Superb Hot & Cold Refreshments on site ☺ Parking on site (free) or at The Hospital of St Cross (pay and display)

ENQUIRIES: Janet Wright on janet.randnac@gmail.com or 07973 346437

FINAL TIMETABLE

09:20	400m hurdles U17M U20M, SM, U20W, SW	
09:30		Javelin Under 15 Upwards Long Jump U15 Upwards (2 pits)
09:40	300m hurdles U17W	
09:50	75m U11B U11G, U13G	
10:20	800m	
10:30		Hammer
10:30		Shot Under 13 Boys & Girls
11:00	600m U11 ONLY	
11:10	100m Males from U13, Females from U15	
11:30		Howler U11
11:50	400m U17B, U20M, SM, U20W, SW	Long Jump U13 (2 pits)
12:10	300m U15B, U15G, U17W	
12:30	110m Hurdles SM, U20M, SM	High Jump-Starting Height 1.00m
12:40	100m Hurdles U17M, SW, U20W	
12:45		Long Jump U11 (2 pits) (Three Trials)
12:55	80m Hurdles U15B, U17W	
13:15	75m Hurdles U13B, U15G	
13:30	70m Hurdles U13G	
13:40	1500m U13 Upwards	
14:00	150m U11 Boys & Girls U13 Girls	
14:00		Shot Under 15 Upwards Javelin Under 13 HJ Starting Height 1.30m
14:30	200m U13B Upwards, U15G Upwards	