

Rugby and Northampton AC

Local young athletes open meeting – U11, U13 and U15

RUGBY athletics track – Bruce Williams Way, Rugby, CV225LJ

Saturday 5th September

U11 age group – 10-30 till 12-30



All athletes take part in a TRIATHLON – everyone has to do all events – 75m, long jump and 600m

The races are organised in Yr groups – Yr 4, 5 and 6 as of SEPTEMBER 1st – NEW SCHOOL YEAR

U13 and U15 – 1-30 till 4-30

U11 8 – 10 year old on September 1 st 2020
U13 – is September 1 st Yr 7 and Yr 8 (new school years)
U15 – is September 1 st Yr 9 and Yr 10 (new school years)

Events - track

100m – U13 and U15

70m/75 hurdles – U13 girls and boys

75/80m hurdles – U15 girls/boys

200m – U13 and U15

300m – U15 boys and girls

800m – U13 and U15

1500m – U13 and U15



(please note – you can only do ONE distance event to the afternoon)

All events are manually timed

Events - field

Long jump – U13 and U15

Javelin – U13 and U15

Discus – U13 and U15

Shot – U13 and U15

The event MUST be entered online at <https://uk.entry4sports.com/#/>.

Unfortunately, there are strict limits on numbers and places will be allocated on a “first come – first served” basis

The event will be open to R and N athletes first, then it will be open to other local clubs

Cost

U11 7 pounds (plus booking fee) for the TRIATHLON

U13/15 – 5 pounds per event (plus booking fee) – athletes can do a **maximum of 3 events**

Any questions – please contact us at

contactus@rugbyandnorthamptonac.org

The event will be conducted using controlled Covid procedures and all athletes and attendees will need to complete a COVID awareness form and agree to abide by all COVID procedures

Summary of measures

- Temperature taken on entry
- Track and trace details required
- No spectators – one parent/guardian to accompany child
- Athletes to not arrive no earlier than one hour before their event

- Athletes and parents to immediately leave the facility on completion of their event
- No sharing of equipment
- There will be toilets available but no changing or indoor areas
- Social distancing to be observed
- Hand sanitizing on entry/exit/toiletes

RUGBY and NORTHAMPTON AC

YOUNG ATHLETES MEETING PROVISIONAL TIMETABLE

Venue – Rugby track – Bruce Williams Way, CV225LJ

Date – Saturday 5th September

PLEASE NOTE – ALL TIMINGS ARE APPROXIMATE

TIMETABLE – MORNING SESSION – U11 – TRIATHLON – ALL ATHLETES DO 75m, 600m and long jump

Time	Year Group	Event
10-30 till 11-10	4 (new school years)	600m
10-30 till 11-10	5	75m
10-30 till 11-10	6	Long jump

Time	Year Group	Event
11-10 till 11-50	4	75m
11-10 till 11-50	5	Long jump
11-10 till 11-50	6	600m

Time	Year Group	Event
11-50 – 12-30	4	Long jump
11-50 – 12-30	5	600m
11-50 – 12-30	6	75m

AFTERNOON SESSION – U13 and U15 – 1-30 onwards

PLEASE NOTE – ALL TIMINGS ARE APPROXIMATE AND MAY BE AMMENDED

FIELD

Time	Age Group	Event
1-30	U13 and U15 boys and girls	Shot
1-30	U13 and U15 boys	Long jump
2-30	U13 and U15 boys and girls	Javelin
3-30	U13 and U15 girls	Long jump
4-30	U13 and U15 boys and girls	Discus

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Time	Age Group	Event
1-30	U13 girls ONLY	70m hurdles
1-40	U13 boys	1500m
1-50	U13 boys	75m hurdles
2-00	U15 girls	75m hurdles
2-10	U13 girls	1500m
2-20	U15 boys	80m hurdles
2-30	U15 boys	1500m
2-40	U15 girls	1500m
2-50	U13 and U15	100m races
3-30	U13 and U15	800m
3-50	U13 and u15	200m
4 -20	U15	300m

U13 – current Yr 7 and Yr 8 – new school years September 1st

U15 – current Yr 9 and Yr 10