



# SPENBOROUGH & DISTRICT ATHLETIC CLUB

## The Spring Open Meeting

Sunday 29<sup>th</sup> March 2020

At the Princess Mary Athletic Stadium, Bradford Road, Cleckheaton. WF15 6LW

Hammer and Pole Vault start 9.30am, other Field events 10.30am

Track Events start 11.30am

Under 11 Girls	75m,	150m,	600m,	Long Jump,	Shot
Under 11 Boys	75m,	150m,	600m,	Long Jump,	Shot
Under 13 Girls	75m,	150m,	600m,	Long Jump, Pole Vault, High Jump, Javelin,	Shot
Under 13 Boys	100m,	200m,	800m,	Long Jump, Pole Vault, High Jump, Javelin,	Shot
Under 15 Girls	100m,	200m,	300m,	800m,	Long Jump, Pole Vault, High Jump, Javelin, Shot
Under 15 Boys	100m,	200m,	300m,	800m,	Long Jump, Pole Vault, High Jump, Javelin, Shot
Under 17 Women	100m,	200m,	300m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Under 17 Men	100m,	200m,	400m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Junior Women	100m,	200m,	400m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Senior Women	100m,	200m,	400m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Junior Men	100m,	200m,	400m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Senior Men	100m,	200m,	400m,	800m,	Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer

**Field Events** – All competitors get 3 trials

**Track Events** – All races are decided on times – no heats or finals

*The organisers reserve the right to amend the programme without notice*

Masters/Veterans are invited to throw their age-appropriate implement weight in field trials

UKA rules incorporating IAAF rules apply

Online & Postal Entries - £5.00 first event, £3.00 per additional event

Entries on the Day - £6.00 per event

**Cheques made payable to 'Spenborough & District AC'**

Entries on the day must be placed before 9.00am for field events and 10.30 am for track events

**Numbers to be collected on the day**

**Closing date for postal entries 16<sup>th</sup> March 2020**

(Max. 3 events U17 and below. Max. 5 events U20. Minimum age for entry 8 years. Age as at 31<sup>st</sup> August in year of competition.)

Any queries contact: [www.spenac.co.uk](http://www.spenac.co.uk)

**Due to the construction works at the Leisure Centre the car park will be much busier than usual, so please leave plenty of time for your journey. Parking is available on local roads; please park responsibly.**

Postal Entries to: Meeting Secretary, 27 Cliffe Lane, Cleckheaton, BD19 4EU

PLEASE COMPLETE IN BLOCK CAPITALS

Name: ..... Male/Female (please circle)

Email: ..... Tel No: .....

Club: ..... UK Athletics URN (if known): .....

Date of Birth: ..... Age Group: .....

Events you wish to enter: .....