

CLUB TRACK & FIELD CHAMPIONSHIPS – SUNDAY 29TH JUNE 2008

Here are details of our annual Club Championships to be held at the Track on 29th June 2008. The Championships are open to *all* paid-up members, young and old.

Attached you will find an entry form. Please fill it out carefully. We charge a flat-rate £5 per member to enter the Championships, regardless of the number of events entered. However this will increase to £8 for late entries. **Please therefore note that the closing date for entries is on Thursday 26th June after which, £8 will be payable.**

PLEASE NOTE CAREFULLY - NO ENTRIES ON THE DAY!

We will need lots of help during the day, out on the field, in the Office or behind the tea bar. Please try to help, if only for an hour or so.

If you have any queries please ring me at home on 722377.

Get those entries in quickly and let's have a successful Championship!

Karen Dingle, Organiser

TIMETABLE

NOTES

1. If no heats are required, the final will take place at the heat time.
2. In all events, age groups will be completed in order with the youngest age group first and female before male.
3. Where appropriate (and at the discretion of officials) age groups may be amalgamated, although results will be recorded separately.
4. **PLEASE CHECK IN AT THE CLUBHOUSE AT LEAST 30 MINUTES BEFORE YOUR FIRST EVENT AND REPORT TO THE OFFICIAL IN CHARGE OF YOUR EVENT AT LEAST 10 MINUTES BEFORE THE SCHEDULED START TIME.**

COMPETITION RULES

AUTHORITY

UK Athletics rules will apply at all times, but the Referee has overall authority in case of dispute.

ELIGIBILITY

These Championships are only open to fully paid-up members of the Club at time of entry.

NUMBERS

Official Club numbers should be worn. However, if lost, a spare will be allocated to you on the day.

PRIORITY OF TRACK EVENTS

Any competitor involved in both track and field events taking place at the same time must note that track events take priority over field events. Please let the official in charge of your field event know if you have to leave that event temporarily.

MEDALS & CERTIFICATES

Medals will be presented to the first three in each age group and category at suitable times during the meeting. Listen out for the announcements. Field events may continue during medal presentations. Certificates will be awarded to all Minis who fail to win a medal, and these will be sent/given out as soon as possible after the Championships.

CLOSING DATE

The closing date for entries is Thursday 26th June 2008, but late entries (at the increased fee of £8) will be accepted up until 12.30pm on Saturday 28th June at the Clubhouse.

TIMETABLE

<u>Time</u>	<u>Track</u>	<u>Field</u>
10.00	Sprint Hurdles	Shot
10.30		Long Jump (Except Minis)
		Javelin
		High Jump – Minis
10.45	1500m	
11.00	60m	Hammer
11.20	100m	Cricket Ball – Minis (after Hammer)
11.55	Little Brother & Sister Race (Under 8)	
12.05	200m heats	Discus
		High Jump (Except Minis)
		Long Jump – Minis
12.15	5000m (pre-entry required.)	
12.45	300m Hurdles (invitational race)	
1.00	600m/800m	
1.20	100m finals	
1.40	300m & 400m	
2.00	60m & 200m finals	