

CORBY AC OPEN MEETINGS SUMMER 2009

Under UKA rules

A CHANCE FOR LOCAL ATHLETES TO COMPETE OVER DIFFERENT DISTANCES AND OBTAIN MORE COMPETITION EXPERIENCE WITHOUT TRAVELLING GREAT DISTANCES

All track events are for u13 m/f to seniors/masters and u11s where permitted. For field events- note eligibility- U11s may only compete in the Long Jump Events will not start before time shown.

<u>Tuesday April 21st Start 7pm Warm Up</u> 7.00 1000 7.20 60 7.40 600 8.00 150 8.20 2000 8.30 300 7.00 Long Jump 8.00 Shot	<u>Wednesday May 13th Start 7pm</u> 7.00 300/400 (not u11/u13) 7.15 100 7.40 1500 Northants Champs u13 b/g 7.50 1200 // // u11b/g 8.00 800 8.20 200 8.30 3000 (not u11/u13) 7.00 L Jump inc Northants Champs u11b/g
<u>Wednesday June 17th Start 7pm</u> 7.00 75m/ 80m Hurdles M/F 7.10 300/400 (not u11/u13) 7.25 100 7.50 800 8.10 200 8.30 3000 (not u11/u13) 7.00 Javelin	<u>Wednesday July 15th Start 7pm</u> 7.00 100m Hurdles M/F 7.10 300/400 (not u11/u13) 7.25 100 7.50 800 8.10 200 8.30 3000 (not u11/u13) inc Northants Champs all ages m/f
<u>It is possible that the club may organise a late season open meeting in August/ September. Details will follow.</u>	<u>This year the athletes who achieve the fastest times in any of the meetings in 2 designated events will receive prizes on completion of the final meeting. Four awards of £50.00 each will be paid to the fastest M/F athlete in the 100m and 800m. Details in clubroom.</u>

All entries on the day: £2.00 for first event- £1.00 for subsequent events

County Entry: £3.00 per event

Collect numbers from clubhouse

Entries close 30 minutes before event is due to start

Other events (inc field) may be added if officials found.