

BIRMINGHAM ROWHEATH ATHLETIC CLUB OPEN ATHLETICS MEETINGS 2009

Meeting 1 - Wednesday 22nd April 2009

Meeting 3 - Wednesday 3rd June 2009

Meeting 2 - Monday 4th May 2009

Meeting 4 - Wednesday 24th June 2009

Meeting 5 - Wednesday 15th July 2009

Contacts

Nick Price - 07967 492186 - birmrowac@blueyonder.co.uk

Gordon Ainsley - 0121 427 4502 - gainsley@tiscali.co.uk

Entry fees

- Entries on day, up to 30 minutes before event due starts (no late entries)
- U20 /Seniors/Vets - £3 for first event, additional events £2 per event
- Juniors U17 - £3 for first event, additional events £1 per event
- BMC Races - £3 members/£5 non members per event in advance

Other information

- Field Events (except high jump and pole vault) - U11 and U13 will have 3 trials each, other ages will have 4 or 6 trials dependent on entries.
- Number of events is limited by UKA Rules.

Meeting 1 - Wednesday 22nd April 2009 (starting at 6:45 pm)

6.45pm	300m Over 13B & over 15G Hammer Over 13B & Over 15G Long jump U11/U13 M & F (3 trials)
7.00pm	1200m All ages M & F
7.15pm	1200m BMC races U20/Sen M & F
7.35pm	75m U11/U13 B & G
7.40pm	100m All ages except U11/U13 B & G
8:00pm	Shot All ages M & F Long jump All over 13 B & G
8.05 pm	600m All ages M & F
8.15pm	600m BMC races U20/Sen M & F
8.35pm	150m All ages M & F
8.45pm	3000m BMC races

Meeting 2 - Monday 4th May 2009 (starting at 1:30 pm)

1:30pm	75m hurdles U13B and U15G Hammer All M & F except U11/U13 and U15G Long jump U11/U13 M & F (3 trials) Pole vault All ages min height 1.70m
1:40pm	3000m BMC Races U17 M&F inc Warks Champs
1:55pm	80m hurdles U-17 G
2:00pm	1200m U11/U13 M & F
2:10pm	80m hurdles U15 B
2:15pm	1500m BMC Races
2.30pm	High jump All ages (Start Height 0.90m - 1.25m only) 1500m All ages except U11/U13
2:40pm	100m hurdles SW
2:45pm	Javelin All ages M & F Long jump Over 13 M & F
2:50pm	100m hurdles U17 M
2:55pm	75m U11/U13 M & F
2:05pm	100m All ages over 13 M & F
3:20pm	600m U11/U13 M & F
3:25pm	800m BMC Races 800m All ages except U11/U13
3:50pm	110m hurdles U20/ SM
3:55pm	300m Over 13 M & Over 15 F 400m Over 17 F and all male except U11/U13

4.00pm Triple jump Over 13 M/15F - 9m/11 board only
 Shot All ages M & F
 High jump Over 13 (Start height 1.30m+)

4:15pm 150mU11/U13 M & F

4:25pm 200m All ages over 13 M & F

4:45pm 5000m BMC Races U20/Senior M & F

Meeting 3 - Wednesday 3rd June 2009 (starting at 6:45pm)

6:45pm 3000m U15B & all over 17 M & F
 Discus All ages M & F

7:05pm 300m Over 13B & Over 15G
 Long jump U11/U13 M & F

7:10pm 400m Over 17F & all M except U11/U13
 High jump Over 13 (Start height 1.30m+)

7:20pm 100m All ages except U11/U13

7:40pm 75m U11/U13 M & F

7:50pm 600m U11/U13 M & F

8:00pm 800m BMC Races
 Javelin All ages M & F
 800m All ages except U11/U13
 Long jump Over 13 M & F

8:25pm 150m U11/U13 M & F
 High jump Any age (start height 0.90m - 1.25m only)

8:30pm 200m All ages except U11/U13

8:45pm 1500m BMC Races

Meeting 4 - Wednesday 24th June 2009 (starting at 6:45pm)

6:45pm 3000m U15B & all over 17 M & F
 Pole vault First 12 entries only
 Discus All ages M & F
 High jump All ages (start height 0.90m - 1.25m only)

7:00pm 75m U11/U13 M & F
 100m All ages except U11/U13

7:30pm 1200m U11/U13 M & F

7:40pm 1500m BMC Races
 1500m All ages except U11/U13

8:00pm Javelin All ages M & F
 Long jump U11/U13 M & F (3 trials)
 High jump Over 13 (start height 1.30m+)

8:05pm 300m Over 13B & Over 15G
 400m Over 17 F and all male except U11/U13

8:20pm 800m BMC Races

800m All ages except U11/U13

Meeting 5 - Wednesday 15th July 2009 (starting at 6:45pm)

6:45pm 3000m All ages over 17 M & F
 Shot Over 13 M & F
 Hammer All M & F except U11/U13 and U15G
 Long jump U11/U13 M & F (3 trials)

7:05pm 100m All ages except U11/U13

7:25pm 75m U11/U13 M & F

7:30pm 600mU11/U13 M & F

7:40pm 800m BMC Races

800m All ages except U11/U13

8:00pm Discus All ages M & F

8:00pm Long jump Over 13 M & F

8:00pm ShotU11/U13 M & F

8:10pm 150mU11/U13 M & F
 200mAll ages except U11/U13

8:40pm 1 mile BMC races