

ANTWERP 2010

MIDLAND COUNTIES ATHLETIC ASSOCIATION

are pleased to announce that a team will be travelling to Antwerp again in 2010

This year the trip will take in the Memorial Van Damme meeting which will necessitate a four day trip. The cost will be £240 per person (this may decrease), travelling out on Thursday 26 August and travelling back on Sunday 29 August. The competition is on Saturday 28 August.

Bed and breakfast are included in the price plus the cost of the travel which is coach and ferry

The trip is for a development team and will be selected from U20's/U23's and Seniors just below National standard. Below you will find the events that are being held in Merksem

If you are interested in being selected please contact Lyn Orbell at the Midland office on athletics@mcaa.org.uk

MEN	EVENT	WOMEN
	100m	
	200m	
	400m	
	800m	
	1500m	
	5000m	
	110H/100H	
	400H	
	HJ	
	LJ	
	TJ	
	PV	
	Javelin	