

Birmingham Running, Athletics and Triathlon Club inc. Birmingham Rowheath AC

OPEN TRACK & FIELD SERIES 2010

incorporating BMC Races

Electric Timing

at

EDM on Long Throws

Munrow Sports Centre, Birmingham University, Pritchatts Rd, Edgbaston, Birmingham

Location on www.streetmap.co.uk ref B15 2TT

Meetings held under UKA Rules

Visit our website: www.birminghamrowheath.co.uk

Meeting 1 Wednesday April 21st at 6.45pm

Track Times

6.45pm 300m Over 13M & Over 15F
7.05pm 600m All ages M&F
7.20pm 600m **BMC Regional U17/U20/Sen M&F**
7.45pm 75m U11/U13 M&F
8.00pm 100m All ages except U11/U13 M&F
8.25pm 1200m **BMC Regional U17/ U20/Sen M&F**
8.45pm 150m All ages M&F

Field times

6.45pm HT Over 13M & Over 15F
6.45pm LJ U11/U13 M & F (3 trials)

8.00pm SP All ages M & F
8.00pm LJ All over 13 M&F

Meeting 2 Monday May 3rd at 1.30pm

1.30pm 3000m **BMC Reg(U20/SM),Warks Champs U17M** & U15/U17m Open
1.45pm 3000m **BMC Reg(U20/SW), Warks Champs U17F** & U17F Open
2.05pm 300m Over 13M & Over 15F
2.20pm 75m U11/U13 M&F
2.35pm 100m All ages U15/U17/U20/Sen M & F
3.10pm 1200m U11/U13 M&F
3.20pm 1500m **BMC Regional Races U20/Sen M&F**
1500m All ages except U11/U13
3.45pm 400m U15/U17/U20/Sen M and U20/Sen W
4.05pm 800m **BMC Regional Races U20/Sen M&F**
4.35pm 800m All ages except U11/U13
4.45pm 150m U11/U13 M&F
5.00pm 200m U15/U17/U20/Sen M&F

1.30pm HT All M&F except U11/U13 and U15F
1.30pm LJ U11/U13 M&F (3 trials)
1.30pm PV All ages min height 1.70m
2.45pm JT All ages M&F
2.45pm LJ Over 13 M&F
2.45pm HJ Any age(Start Ht 0.9m to 1.25m onl)

3.45pm SP U11/U13 M&F
4.00pm TJ Over 13 M/ O 15F 9m/11 board only
4.00pm HJ Over 13 (Start Ht 1.30m+)
4.30pm SP Over 13 M&F

Meeting 3 Wednesday June 2nd at 6.45pm

Track Times

6.45pm 3000m U15B & all over 17 M&F
7.00pm 100m All ages except U11/U13
7.25pm 75m U11/U13 M&F
7.40pm 800m **BMC Races Gold Std pace 20 SM/ 20 SW max**
8.00pm 1500m **BMC Regional all ages except U11/U13**
8.30pm 1500m All ages except U11/U13
8.40pm 600m U11/U13 M&F
8.50pm 200m All ages except U11/U13

Field times

6.45pm DT All ages M&F
6.45pm LJ U11/U13 M&F
6.45pm HJ Over 13 (Start Ht 1.30m+)

8.00pm JT All ages M&F
8.00pm LJ Over 13 M&F
8.00pm HJ Any age(Start Ht 0.9m to 1.25m onl)

Meeting 4 Wednesday June 23rd at 6.45pm

Track Times

6.45pm 3000m U15B & all over 17 M&F
7.00pm 75m U11/U13 M&F
7.15pm 100m All ages except U11/U13
7.45pm 1200m U11/U13 M&F
7.55pm 1500m **BMC Races Gold Std 24 SM/ 24 SW max**
8.15pm 800m **BMC Regional all ages except U11/U13**
8.40pm 800m All ages except U11/U13
8.50pm 300m Over 13M & Over 15F
9.00pm 400m Over 17 F and all male except U11/U13

Field times

6.45pm PV First 12 entries only
6.45pm DT All ages M&F
6.45pm HJ Any age(Start Ht 0.9m to 1.25m onl)

8.00pm JT All ages M & F
8.00pm LJ U11/U13 M&F (3trials)
8.00pm HJ Over 13 (Start Ht 1.30m+)

Meeting 5 Wednesday July 14th at 6.45pm

Track Times

6.45pm 3000m All ages Over 17 M&F
7.00pm 100m All ages except U11/U13 M&F
7.25pm 75m U11/U13 M&F
7.40pm 600m U11/U13 M&F
7.50pm 800m **BMC Races - Gold Std pace 20 SM/ 20 SW max**
8.05pm 1 mile **BMC Regional all ages except U11/U13**
1 mile All ages except U11/U13 M&F
8.30pm 150m U11/U13 M&F
8.45pm 200m All ages except U11/U13 M&F

Field times

6.45pm SP Over 13 M&F
6.45pm HT All M&F except U11/U13 and U15F
6.45pm LJ U11/U13 M&F (3 trials)

8.00pm DT All ages M&F
8.00pm LJ Over 13 M&F
8.00pm SP U11/U13 M&F

INFORMATION

Entry Fees

Entries on day, up to 30mins before event due.(no late entries)

Birm Rowheath Club Members £3 per meeting

All others :-

U20 /Seniors/Vets £3 first event, additional events £2

Juniors U17 £3 first event, additional events £1 per event

BMC Races £3 members/£5 non members per event in advance

£5 members and non members on the night

Number of events is limited by UKA Rules

All times approx after first event

Field Events (except HJ & PV)

U11 and U13 will have 3 trials each, other ages will have 4 or 6 trials dependent on entries.

Willing to help? Contact Gordon Ainsley

CONTACTS

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BMC Races

Enter in advance on :-

www.britishmilersclub.com