

# 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](http://www.streetmap.co.uk) ref B15 2TT

Meetings held under UKA Rules

Visit our website: [www.birminghamrowheath.co.uk](http://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](http://www.britishmilersclub.com)