

THE CITY OF YORK ATHLETIC CLUB'S OPEN MEETING



Huntington Stadium, Jockey Lane, Monks Cross, York YO32 9XX

on

Saturday 11TH SEPTEMBER 2010

Field events start at 10.30. Registration from 9.30 onwards

Ages as at 31st August 2010

U11 Girls	75m, 600m, long jump
U11 Boys	75m, 600m, long jump
U13 Girls	70H, 100m, 200m, 800m, 1500m, long jump, high jump, shot putt
U13 Boys	75H, 100m, 200m, 800m, 1500m, long jump, high jump, shot putt
U15 Girls	75H, 100m, 200m, 800m, 1500m, long jump, high jump, shot, discus, hammer,
U15 Boys	80H, 100m, 200m, 800m, 1500m, long jump, high jump, shot, discus, hammer,
U17/Senior W	80H/100H, 100m, 200m, 300m/400, 800m, 1500m, 3000m, long jump, high jump, shot Hammer, discus, javelin
U17/Senior M	110H, 100m, 200m, 400m, 800m, 1500m, 3000m, long jump, high Jump, Shot putt, hammer, discus, javelin
Disability	50m, long jump, shot putt

Max. 3 events per athlete. Field events will be 3 trials. Further trials will be awarded at the discretion of the field referee and will be subject to the number of entries into the event. Athletes may compete in an event at an older age group, however heavier weights in throwing events must be thrown.

Awards will be given to the first 3 in each event.

Note that entries are preferred in advance to assist in preparing the timetable for the meeting.

Entries in advance are £2.00 per event if received by Wed 8th September. On the day £3.00 per event
Cheques payable "City of York AC" send to York Open 2010, 4 Herdsman Drive, Copmanthorpe, York, YO23
3YF . Please send s.a.e. for numbers. Otherwise collect on the day.

Email enquiries to paulabird1@talktalk.net or telephone 07761 530931

Timetable will be on www.athleticsyork.org.uk from September 1st 2010.

Name: _____ Date of Birth: _____ M/F: _____

Email: _____ Age Group: _____ Club: _____

Events Entered (Max 3)

1.....

2.....

3.....