

**BOURNEMOUTH ATHLETIC CLUB**  
**"MAD MARCH" MEDAL OPEN**

Sat 31st March 2007

**TRACK**

**FIELD**

11.00	400mH	SM JM U17M SW JW	10.00	Hammer	U15B U15G U13B U13G
	300mH	U17G	10.30	Long Jump	U11B U11G
11.30	400m	U15B U17M	10.45	Hammer	SM JM U17M SW JW U17W
		SM JM VM SW JW VW	11.15	Shot	U13B U13G
11.50	100m	U13B U13G U15B U15G	11.30	High Jump	SW JW U17W
12.15		U17B U17G	11.30	Long Jump	SpOlyM SpOlyW
12.25		SW JW VW SM JM VM	11.45	Ball Throw	U11B U11G
12.40		SpOlyM SpOlyW	12.00	Discus	U15G U15B
12.50	75m	U11B U11G	12.30	Shot	SW JW U17W
12.55	300m	U17W U15G	12.45	Javelin	U15G U15B U13G U13B
1.10	600m	U11B U11G		Long Jump	SW JW U17W
1.25	70mH	U13G		High Jump	U15B U13B
1.30	1500m	Race 1 Graded	1.00	Shot	SM JM U17M
1.40	75mH	U15G		Discus	U13G U13B
1.45	1500m	Race 2 Graded	1.30	Long Jump	SM JM U17M
1.55	80mH	U13B	1.45	Shot	SpOlyM SpOlyW
2.00	1500m	Race 3 Graded	2.00	High Jump	U15G U13G
2.05	80mH	U15B		Javelin	SW JW U17W
2.10	110mH	SM JM	2.15	Long Jump	U13B U13G
2.25	150m	U11B U11G		Shot	U15B U15G
2.35	200m	U13B U13G U15B U15G		Discus	SM JM U17M
2.50		U17M U17W	2.45	High Jump	SM JM U17M
3.00		SW JW VW SM JM VM	3.00	Long Jump	U15G U15B
3.20	800m	Race 1 Graded	3.15	Javelin	SM JM U17M
		Race 2 Graded	3.30	Discus	SW JW U17W
		Race 3 Graded			

Medals for Top 3 in all U17 U15 U13 U11 events dependant on entries

All Throws/Jumps - Seniors.Juniors ,U17s 6 attempts U15 U13 U11 4 attempts

**BOURNEMOUTH ATHLETIC CLUB**  
**C2 +1 SPRING MEDAL OPEN**

Sun 22nd April 2007

**TRACK**

**FIELD**

11.00	400mH	SM JM U17M SW JW	10.00	Hammer	U15B U15G U13B U13G
	300mH	U17G	10.30	Long Jump	U11B U11G
11.30	400m	U15B U17M	10.45	Hammer	SM JM U17M SW JW U17W
		SM JM VM SW JW VW	11.15	Shot	U13B U13G
11.50	100m	U13B U13G U15B U15G	11.30	High Jump	SW JW U17W
12.15		U17B U17G	11.30	Long Jump	SpOlyM SpOlyW
12.25		SW JW VW SM JM VM	11.45	Ball Throw	U11B U11G
12.40		SpOlyM SpOlyW	12.00	Discus	U15G U15B
12.50	75m	U11B U11G	12.30	Shot	SW JW U17W
12.55	300m	U17W U15G	12.45	Javelin	U15G U15B U13G U13B
1.10	600m	U11B U11G		Long Jump	SW JW U17W
1.25	70mH	U13G		High Jump	U15B U13B
1.30	1500m	Race 1 Graded	1.00	Shot	SM JM U17M
1.40	75mH	U15G		Discus	U13G U13B
1.45	1500m	Race 2 Graded	1.30	Long Jump	SM JM U17M
1.55	80mH	U13B	1.45	Shot	SpOlyM SpOlyW
2.00	80mH	U15B	2.00	High Jump	U15G U13G
2.05	110mH	SM JM		Javelin	SW JW U17W
2.10	3000m	SM JM U17M SW JW U17W	2.15	Long Jump	U13B U13G
2.25	150m	U11B U11G		Shot	U15B U15G
2.35	200m	U13B U13G U15B U15G		Discus	SM JM U17M
2.50		U17M U17W	2.45	High Jump	SM JM U17M
3.00		SW JW VW SM JM VM	3.00	Long Jump	U15G U15B
3.20	800m	Race 1 Graded	3.15	Javelin	SM JM U17M
		Race 2 Graded	3.30	Discus	SW JW U17W
		Race 3 Graded			

Medals for Top 3 in all U17 U15 U13 U11 events dependant on entries

All Throws/Jumps - Seniors.Juniors ,U17s 6 attempts U15 U13 U11 4 attempts