

## *Ashdown Poole Track User Group*

*(Incorporating Poole AC, Poole Runners and Wimborne AC)*

Invite you to a  
**Floodlit Pre-season Open Graded Track & Field Meeting at**  
**Ashdown Athletic Track, Canford Heath Poole.**  
**On Wednesday 11<sup>th</sup> April 2007**  
 Under UK Athletic rules

TRACK		FIELD
6.30-7.00PM	<b>75M</b> U11 Boys and Girls Boys <b>100M</b> U13/U15/U17/U20/Senior Male & Female	<b>Javelin</b> U13/U15/U17/U20/Seniors Male & Female. <b>Pole Vault</b> U13/U15/U17/U20/Seniors Male & Female. <b>High Jump</b> All Age Groups (Minimum Start Height 1.00M)
7.00-7.15 PM	<b>300M</b> U15/U17/U20/Senior Women <b>400M</b> U15/U17/U20/Senior Men	
7.15-8.00 PM	<b>800M</b> U13/U15/U17/U20/Senior Male & Female <b>600M</b> U11 Boys and Girls <b>200M</b> U13 Boys and Girls	<b>Ball Throw</b> Under 11 Boys and Girls <b>Shot Putt</b> U13/U15/U17/U20/Seniors Male & Female.**
7.45- 8.30		<b>Discus</b> U13/U15/U17/U20/Seniors Male & Female.
8.00-8.30 PM	<b>2000M</b> U15/U17 Male & Female <b>3000M</b> U20/Seniors Male & Female	

\*\* *The Shot will only be available should dry conditions prevail.*

All Field Events will be 4 attempts with the exception of High Jump and Pole Vault. Athletes in the Under 11-Under 17 Age groups can only take part in 3 events in total.

A one off cost of entry will be £2.00 per athlete based on the above restriction, prior to the event or £2.50 on the day. Cheques made payable to **Poole Athletic Club**. (Small prize to the top 3 performances based on UKA Grading achieved in the night)

Name:.....

Address:.....

.....Post Code.....

Date of Birth:..... Sex: Male/Female (*Delete as applicable*)

Affiliated Club/School:.....

Signature of Competitor or their parent or guardian: .....

Waiver: I declare that I am fit to compete in this event and that the organisers shall not be liable for any loss, damage or injury suffered as a result of my participation in this meeting.

**Send to Mark Pauley, 56 Bluebell Lane, Poole, Dorset. BH17 7YU**

Events-1-----2-----3-----4-----