

City of Portsmouth Athletic Club

Track & Field Meetings: Spring 2006

Mountbatten Centre, Portsmouth

Open Floodlit Meeting: Wednesday 15th March

Commencing 6.30pm Track & 7pm Field. Track Events to be run in the following order

60m	U13G/U13B	U15G/U15B	U17W/U17M	U20W/U20M	Sen.W/Sen.M
150m	U13G	U15G	U17W/U17M	U20W/U20M	Sen.W/Sen.M
300m	U13B	U15B			
1000m	U13G	U15G	U17W/U17M	U20W/U20M	Sen.W/Sen.M
300m			U17W/U17M	U20W/U20M	Sen.W/Sen.M
3000m	U13B	U15B	U17W/U17M	U20W/U20M	Sen.W/Sen.M

Field Events

Long Jump, High Jump, Pole Vault and Shot Putt – All age groups

Entry Fees

£2.00 per event; 3 events for £5.00 in advance by 10th March 2006

£2.50 per event on the night. Register 30min. before the event

Young Athletes Medal Meeting: Sunday 2nd April

Plus Selected Open Events as part of the Hants AA Demi-Prix series

Plaques or medals to winners plus special trophies.

No entries on the day for the Young Athletes Meeting

Provisional Programme

Track Events		Field Events	
12.45	2k Walk	All age groups	
1.00	70/75/80m Hurdles**	U13G/U13B/U15G/U15B	13.30
1.30	80m**	U11G/U11B	Hammer
2.00	100m	U13/U15/U17/U20 – Male & female	1.00
2.45	800m	U13G/U13B/U15G/U17W/U20W	Long Jump
3.30	1500m	U15B/U17M//U20M	Javelin
4.00	200m	U13/U15/U17/U20 – Male & Female	Shot
4.30	600m	U11G/U11B	Pole Vault
4.45	3000m	U15B/U17W/U17M/U20W/U20M	All Athletes (U13-U20)
			2.00
			Long Jump**
			Long Jump
			Javelin
			U15B/U17M/U20M
			U13G/U15G/U17W/U20W
			High Jump
			U13G/U15G/U17W/U20W
			3.00
			Discus
			U13G/U15G/U17W/U20W
			Long Jump
			U13G
			Shot
			U13B/U15B/U17M/U20M
			4.00
			High Jump
			U13B/U15B/U17M/U20M
			Long Jump
			U13G/U15G/U17W/U20W
			4.30
			Discus
			U13B/U15B/U17M/U20M

Minithon for Under 11s

The 'minithon' is 80m, 600m and Long Jump

. Every Under 11 competitor receives a medal

Selected Open Events

Hammer, 2k Walk, Pole Vault (All age groups)
100m & Javelin for Disabled Athletes

The selected open events plus the Young Athletes events marked ** are in the Hants AA Demi-Prix series

Entry Fees £2.00 per event; 3 events for £5.00. Under 11 Minithon £5 Closing Date 27th March 2006

Entry Form

Maximum of 3 events per athlete at each meeting

First Name..... Surname..... Date of Birth.....

Address.....Post Code

Telephone No..... e mail

Age Group Athletic Club/School

Open Floodlit Meeting: Wednesday 15th March

Event 1	Event 2	Event 3
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Young Athletes Medal Meeting: Sunday 2nd April

Event 1	Event 2	Event 3
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Minithon		
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Complete and send the Entry Form, with payment to Phil Budd, 3 Castle Grove, Portchester, Hampshire PO16 9NY

Cheques to be made payable to City of Portsmouth A.C

Enquiries to 02392 372451 or e mail events@portsmouthathletic.co.uk .

Visit our website www.portsmouthathletic.co.uk for further information

To help the announcer, please advise overleaf of any notable performances

If you require confirmation of your entry, include an e mail address or a SAE.