

WALTON AC OPEN MEETING SUNDAY 17th APRIL 2005.

TRACK	FIELD
10:30	Long Jump U11 Boys
11:00 400m Hurdles SM, U17M, SL	
300m Hurdles U17L	
11:20 75m U11Girls	
11:30 100m U13G, U15G, U17L, SL	Long Jump U11 Girls
	Pole Vault start ht 1.50m
11:45	High Jump U13B, U15B
11:50 75m U11Boys	
12:00 100m U13B, U15B, U17M, SM	
12:15	Long Jump U13G, U15G
12:30 2000m s/chase U17M, SM	
12:45 600m U11G, U11B	
1:00 800m U13G, U15G, U17L, SL	High Jump U13G, U15G,
1:15	Triple Jump U17L, SL
1:25 800m U13B, U15B, U17M, SM	
2:00 Sprint Hurdles 110m SM	Triple Jump U17M, SM
	Pole Vault start ht 3.00m
2:30	High Jump U17L, SL
2:40 3000m U17L, SL, U17M, SM	
2:45	Long Jump U13B, U15B
3:00 300m U17L	
3:10 400m SL, U15B, U17M, SM	
3:30	Long Jump U17M, SM
3:40 1500m U13,U15G, U17L, SL	
U13,U15B, U17M, SM	
4:00	High Jump U17M, SM
4:10 200m U13G, U15G, U17L, SL	
4:15	Long Jump U17L, SL
4:30 200m U13B, U15B, U17M, SM	

Electronic Timing and photo finish will be used

Age groups may be combined where there are insufficient competitors to hold separate competitions.

Under 20's and Veterans will use the correct hurdle heights for their age group.

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ENTRY FORM

NAME _____

ADDRESS _____

CLUB _____

AGE GROUP _____

EVENTS

RECENT BEST PERFORMANCE

Entries to: J Rutherford,

21 Dale Road, Walton on Thames, Surrey KT12 2PY.

Stating : Name, Address, Club, Age Group, Events and recent

best performance or expected performance. Include an s.a.e. for directions if required.

Entry Fee: £ 2.00 per event, cheques payable to Walton AC.

Entries on the day if numbers allow £2.50