

ASHDOWN (POOLE) OPEN MEETING

A Floodlit Midweek Open Meeting incorporating
 The Dorset AA 10000M Championships and Womens 2000M Steeplechase
 At The Ashdown Track, Canford Heath, Poole on
Wed Aug 13th August 2008

TRACK		FIELD	
6.20 PM	U11 Girls & Boys 600M		
6.30 PM	U13 Girls & Boys 800M U15 Girls & Boys 800M Under 17 Men and Women Senior Men and Women 800M	6.30 PM	Long Jump Under 11/13s Girls Pole Vault Male and Female All age groups U15-Senior Javelin Male and Female Shot Under 11/13s Boys
7.00 PM	U15 Boys & Girls 100M Under 17 Men and Women 100M Senior Womens & Mens 100M	7.00PM	Shot Under 11s and Under 13s Female Long Jump Under 11/Under 13s Male
7.20 PM	Under 11-13 Girls & Boys 75M		
7.35 PM	Senior/Under 17 Womens 2000M Steeplechase Open event with County Championship medals for accredited athletes	7.35 PM	U15/U17/U20/Senior Shot U11/U13 Girls and Boys Javelin Long Jump Under 15s Male and Female
8.00 PM	Under 15 Girls and Boys 200M Under 17 Men and Women 200M Senior Men and Women 200	8.15PM	Discus Under 15/U17/U20/Seniors Male and Female
8.15 PM	Under 13 girls and boys 200M Under 11 girls and boys 150M		
8.30 PM	Under 17s and Senior 400M male and Female		
8.45 PM	Dorset County AA and Open U20 & Senior Men and Women 10,000M track race. Min age 17 on the day of the race	County Championship medals for accredited athletes but guests welcome	

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

Cost of entry will be £3.00 per athlete based on the above restriction, prior to the day event or £4.00 on the night.
 Cheques made payable to **Ashdown Track User Committee**. **Age groups based on UKA qualification criteria, Minimum age 9 years on 13th August. (Entries on the night will be taken from 5.00PM onwards, entries close 20 mins before each event). (All No's distributed on the night).**

Name:.....

Address:.....

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

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

Affiliated Club/School/Unit.....

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 Peter Impett, 104 Merley Lane, Merley, Wimborne, Dorset BH21 3AQ

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