

BOURNEMOUTH ATHLETIC CLUB
CENTENARY SPRING MEDAL OPEN

Sunday 9th April 2006

TRACK

11.00 400mH SM JM U17M SW JW
 300mH U17G
 11.30 400m U15B U17M
 SM JM VM SW JW VW
 11.50 100m U13B U13G U15B U15G
 12.15 U17B U17G
 12.25 SW JW VW SM JM VM
 12.45 SpOlyM SpOlyW
 12.50 75m U11B U11G
 12.55 300m U17W U15G
 1.10 600m U11B U11G
 1.25 70mH U13G
 1.30 1500m Race 1 Graded
 1.40 75mH U15G
 1.45 1500m Race 2 Graded
 1.55 80mH U13B
 2.00 1500m Race 3 Graded
 2.05 80mH U15B
 2.10 150m U11B U11G
 2.20 200m U13B U13G U15B U15G
 2.35 U17M U17W
 2.45 SW JW VW SM JM VM
 3.10 SpOlyM SpOlyW
 3.20 800m Race 1 Graded
 Race 2 Graded
 Race 3 Graded

FIELD

10.00 Hammer U17W U15B U15G U13B U13G
 10.30 Long Jump U11B U11G
 10.45 Hammer SM JM U17M SW
 11.15 Shot U13B U13G
 11.30 High Jump SW JW U17W
 11.30 Long Jump SpOlyM SpOlyW
 11.45 Ball Throw U11B U11G
 12.00 Discus U15G U15B
 12.30 Shot SW JW U17W
 12.45 Javelin U15G U15B U13G U13B
 Long Jump SW JW U17W
 High Jump U15B U13B
 1.00 Shot SM JM U17M
 Discus U13G U13B
 1.30 Long Jump SM JM U17M
 1.45 Shot SpOlyM SpOlyW
 2.00 High Jump U15G U13G
 Javelin SW JW U17W
 2.15 Long Jump U13B U13G
 Shot U15B U15G
 Discus SM JM U17M
 2.45 High Jump SM JM U17M
 3.00 Long Jump U15G U15B
 3.15 Javelin SM JM U17M
 3.30 Discus SW JW U17W

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 AC

Centenary Spring Medal Open

9th April 2006

Name _____ Male/Female _____ Age Group _____

Address _____

Club/School _____ Tel.No _____ Date of Birth _____

Please circle the events you want to enter.

U11/U13/U15/U17s only 3,U20s max 5 events:

Events U11 75m 150m 600m LJ Ball Throw
 U13 100m 200m 70mH 80mH 800m or 1500m HJ LJ SP DT JT HT
 U15 100m 200m 75mH/80mH 300m/400m 800m or 1500m HJ LJ SP DT JT HT
 U17 100m 200m 400m 300mH/400mH 800m 1500m HJ LJ SP DT JT HT
 U20 100m 200m 400m 400mH 800m 1500m HJ LJ SP DT JT HT
 Sen 100m 200m 400m 400mH 800m 1500m HJ LJ SP DT JT HT
 Vet 100m 200m 400m 800m 1500m HJ LJ SP DT JT HT (Vets threw their own wts)
 Sp Olym 100m 200m SP LJ or St. LJ
 2005 800m _____ 2005 1500m _____

Graded events 800m & 1500m and 300mH/400mH (must be pre-entered)

Entry Fees £3 1st event, £1.50 each subsequent event. £1 extra on day. U11s must be 9yrs on day

Entry Fee enclosed _____ Signature _____ (Parent/Guard if under 18)

Entries to The Office at the Track by 4th April 2006

Cheques payable to "Bournemouth Athletic Club"

Postal to The Organiser, 55 Brisbane Road, Christchurch BH23 2HP by 4th April 2006