

Brighton and Hove City Athletic Club

EVENING OPEN ATHLETIC MEETING

Incorporating the Brighton and Hove City Under 13 Minithon Challenge

(Held under UK Athletics Rules)

Wednesday 12th August 2009

Withdean Stadium, Tongdean Lane, Brighton

Track	6.00	75m	U13B, U13
	6.15	300m Hurdles	U17W
	6.20	400m Hurdles	U17M, SM, SW.
	6.30	100m	U15B, U17M, SM, U15G, U17W, SW
	6.50	400m	U15B, U17M, SM, 17W, SW
	7.05	600m	U13B, U13G
	7.20	3000m	U15B, U17M, SM, U15G, U17W, SW
	7.45	800m	U15B, U17M, SM, U15G, U17W, SW
	8.30	200m	U15B, U17M, SM, U15G, U17W, SW
	8.45	5,000m	Open (standard 17.00mins)
Field	6.15	High Jump & Long Jump	U13B
		Shot & Discus	U13G
		Pole Vault	U15B, U17M, SM, U15G, U17W, SW
	6.30	Javelin	U15B, U17M, SM, U15G, U17W, SW
	6.45	Shot	U15G, U17W, SW
		High Jump	U15B, U17M, SM
	7.25	Shot & Discus	U13B
		High Jump	U13G, U15G, U17W, SW
		Long Jump	U13G
	8.00	Long Jump	U15G, U17W, SW
Shot		U15B, U17M, SM.	

Entries for all events - £3.00 for the first event and £2.00 for additional events.

All entries accepted on the day but 5,000m may be registered before day to Chris Carter by phone (01273 503446) or e-mail (cscarter@ukonline.co.uk)

BRIGHTON AND HOVE CITY UNDER 13 MINITHON CHALLENGE

The Minithon Challenge comprises three events, each boy or girl competing in one run (75m or 600m), one jump (high or long) and one throw (shot or discus). Points are scored for each performance and the winners will be the athletes with the highest aggregate points.

Minithon entry is £3.00 for three events and there will be awards to the first three boys & girls.

All enquiries to **Chris Carter** on 01273 503446 (cscarter@ukonline.co.uk)

or **Bob Willows** on 01903 813878