



OXFORD CITY ATHLETIC CLUB



SANDRA LUKE MEMORIAL

5 STAR

(Age 9 and over on day)

AND

10 STEP

(Age 7 or 8 on day)

MEDAL COMPETITION

SUNDAY 30th MAY 2010
HORSPATH TRACK, OXFORD

SPONSORED BY

topsport
(sportsgoods) Ltd

EVENTS FOR 5 STAR (choose 1 track + 1 field + 1 of either)

U10/U11	Track:	75m, 55m hurdles, 800m
	Field:	Long Jump, Cricket Ball, High Jump
U12/U13	Track:	100m, 70m hurdles (girls) 80m hurdles (boys), 200m, 800m
	Field:	Long Jump, High Jump, Javelin, Discus, Shot
U14/U15	Track:	100m, 75m hurdles (girls) 80m hurdles (boys), 200m, 800m
	Field:	Long Jump, High Jump, Javelin, Discus, Shot

10 STEP EVENTS (athletes do all 5 events)

50m, 800m jog, Long Jump, Vortex Throw, object pick-up

5 Star or 10 Step Competition entry Fee: £7

Medals for top 3 in each age group.

Trophies for best 5 star & 10 step performances

5 Star certificates for all will be posted out after competition.

10 Step certificates & medals will be presented on day after last events

For entry form go to www.oxfordcityathleticclub.com

or email richard@oxfordcityathleticclub.com

CLOSING DATE 17th MAY 2010



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5 STAR & 10 STEP COMPETITION ENTRY

<u>Surname</u>		<u>First Name</u>	
<u>Date of Birth</u>		<u>Entered last year ?</u> yes / no	
<u>Boy / Girl</u>	<u>5 star / 10 step</u>	<u>Club / School</u>	
<small>Delete as applicable</small>			

<u>Address</u>	<u>Telephone</u>
	<u>Mobile</u>
	<u>Email</u>

<u>5 Star Events</u> <u>1Track 1 Field</u> <u>+1 other to be</u> <u>chosen</u>	<u>Track Event</u>
	<u>Field Event</u>
	<u>Third Event</u>

Cheque for £7 made payable to OCAC
Send entry to 5 Star, 19 Whitehouse Road, Oxford, OX1 4PA
Closing date for entries 17th May 2010

AGE GROUP	DATE OF BIRTH
Too young	After 30 May 2003
Under 8 - 10 step	Between 31 May 2002 and 30 May 2003
Under 9 - 10 step	Between 31 May 2001 and 30 May 2002
Under 10 - 5 star	Between 1 September 2000 and 30 May 2001
Under 11 - 5 star	Between 1 September 1999 and 31 August 2000
Under 12 - 5 star	Between 1 September 1998 and 31 August 1999
Under 13 - 5 star	Between 1 September 1997 and 31 August 1998
Under 14 - 5 star	Between 1 September 1996 and 31 August 1997
Under 15 - 5 star	Between 1 September 1995 and 31 August 1996
Too Old	Before 1 September 1995