



Oxford City Athletics Club Club Championships & Open Competition 2008



Sunday 31st August 2008, Horspath Rd Track

Full Name		Date of Birth	
Postal Address		Club	
		Tel No	
email		Mobile No	

Boys/Men							Girls/Women					
U9	U11	U13	U15	U17	U20		U9	U11	U13	U15	U17	U20
						Ten Step						
						80m						
						100m						
						150m						
						200m						
						300m						
						400m						
						600m						
						800m						
						1500m						
						55mHurdles						
						70mHurdles						
						75mHurdles						
						80mHurdles						
						100mHurdles						
						300mHurdles						
						400mHurdles						
						Vortex Throw						
						Discus						
						Shot Put						
						Javelin						
						Hammer						
						High Jump						
						Long Jump						
						Triple Jump						

Indicate with a tick in the box those events in which you wish to compete
Max 3 events per athlete (5 max for U20 & sen)

10 step -- 5 events -- 50m, 800m, Object Pick Up, Vortex Throw, Long Jump

Age groups as of 31st August 2008. U9 at least 7years old on day of competition

Medals will be awarded to the first 3 in each event in every age group

Entry fee £2 per event (3 events £5), 10 step £5 **Free to OCAC club members**

Please send remittance payable to: **OCAC** OCAC Club champs.
20 Burdell Avenue, Oxford, OX3 8ED

OCAC athletes may hand form in at tea bar on training night

Queries to ian@oxfordcityathleticclub.com

Closing Date for Entries: Sunday 24th August 2008



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Proposed Timetable			
Track		Field	
10;00	50m	10;00	Hammer
10;15	Sprint Hurdles	10;00	Long Jump (boys)
11;00	600m	10;00	High Jump (girls)
11;20	200m	11;00	Long Jump (10 step)
12;00	800m	11;00	Shot
12;50	150m	12;00	Discus
13;10	1500m	12;00	Triple Jump
13;45	300m	13;00	Javelin
14;00	400m	13;00	Long Jump (girls)
14;15	80m	13;00	High Jump (boys)
14;45	800m (10 step)	13;00	Object Pick Up
15;00	100m	14;00	Vortex Throw