

WALTON AC OPEN MEETING SUNDAY 18th APRIL 2004.

TRACK

FIELD

10:30		Long Jump U11 Boys
11:00	400m Hurdles SM, U17M, SL	
	300m Hurdles U17L	
11:20	75m U11Girls	
11:30	100m U13G, U15G, U17L, SL	Long Jump U11 Girls
		Pole Vault start ht 1.50m
11:45		High Jump U13B, U15B
11:50	75m U11Boys	
12:00	100m U13B, U15B, U17M, SM	
12:15		Long Jump U13G, U15G
12:30	2000m s/chase U17M, SM	
12:45	600m U11G, U11B	
1:00	800m U13G, U15G, U17L, SL	High Jump U13G, U15G,
1:15		Triple Jump U17L, SL
1:25	800m U13B, U15B, U17M, SM	
2:00	Sprint Hurdles 110m SM	Triple Jump U17M, SM
	100m U17M, SL	Pole Vault start ht 3.00m
	80m U15B, U13B	
	80m U17L	
	75m U15G	
	70m U13G	
2:30		High Jump U17L, SL
2:40	3000m U17L, SL, U17M, SM	
2:45		Long Jump U13B, U15B
3:00	300m U17L	
3:10	400m SL, U15B, U17M, SM	
3:30		Long Jump U17M, SM
3:40	1500m U13,U15G, U17L, SL	
	U13,U15B, U17M, SM	
4:00		High Jump U17M, SM
4:10	200m U13G, U15G, U17L, SL	
4:15		Long Jump U17L, SL
4:30	200m U13B, U15B, U17M, SM	

Age groups may be combined where there are insufficient competitors to hold separate competitions.

Under 20's and Veterans will use the correct hurdle heights for their age group.

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ENTRY FORM

NAME _____

ADDRESS _____

CLUB _____

AGE GROUP _____

EVENTS

RECENT BEST PERFORMANCE

Entries to: J Rutherford,

10 Burwood Park Road, Walton on Thames, Surrey KT12 5LJ.

Stating : Name, Address, Club, Age Group, Events and recent

best performance or expected performance.