



YOUNG ATHLETES WOKING AC OPEN CHAMPIONSHIP 2007

in association with



WOKING NEWS & MAIL

Run, Jump, Throw or just Watch!

Everyone is welcome. Spot the Olympic stars of the future. Meet one of today's Olympians or have a go yourself on **Sunday 2 September** at the Sheerwater Athletics Track in Woking. Sweatshop in Woking will be offering a series of fabulous Kit Scholarships for some of the Best Performances on the Day. See www.wokingac.com for details.

All Young Athletes under the age of 20 whether they belong to an athletics club or not, are invited to compete in the Woking AC Young Athletes Open Championship on **Sunday 2 September** at the Sheerwater Athletics Track. There will be **electronic timing, photo finish**, medals, trophies and presentation ceremonies just like the Olympic Games.

This year's events and age groups:	Under 11		Under 13		Under 15		Under 17		Under 20	
	M	F	M	F	M	F	M	F	M	F
80m	✓	✓								
100m			✓	✓	✓	✓	✓	✓	✓	✓
200m			✓	✓	✓	✓	✓	✓	✓	✓
300m							✓			
400m					✓		✓		✓	✓
600m	✓	✓								
800m			✓	✓	✓	✓	✓	✓	✓	✓
1500m			✓	✓	✓	✓	✓	✓	✓	✓
70m H			✓							
75m H					✓					
80m H			✓		✓					
High jump			✓	✓	✓	✓	✓	✓	✓	✓
Long jump	✓	✓	✓	✓	✓	✓	✓	✓		
Shot			✓	✓	✓	✓	✓	✓	✓	✓
Discus			✓	✓	✓	✓	✓	✓	✓	✓
Pole vault			✓		✓	✓	✓	✓	✓	✓
Javelin			✓		✓	✓	✓	✓		

Age - Under 20 as at 31 Dec 2007. Under 11, 13, 15, 17 as at 31 August 2007

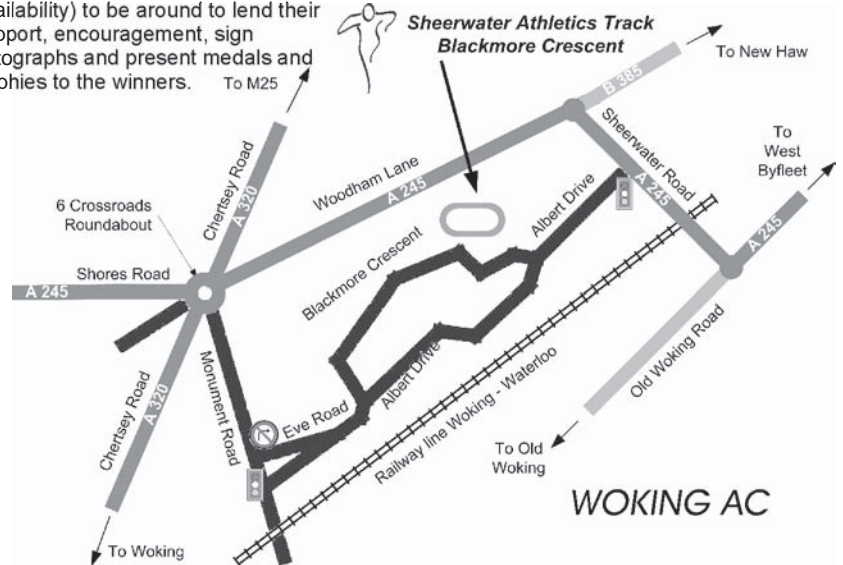
International Athletes give their support

Jo Fenn, Hayley Tullet, Ian Tullet, John Heanley, Mel Purkiss and Zara Hyde-Peters, UKA Director of Athlete Development have all attended in the past and hope (subject to their availability) to be around to lend their support, encouragement, sign autographs and present medals and trophies to the winners.

Fun for all the family

Watch or compete, or run a lap with the stars to raise money for charity, any age welcome.

Events will start at approximately 10:00am. Exact details will not be known until after the closing date.



Check out the latest edition of the Woking News and Mail (or the Woking AC website www.wokingac.com) for up to date details of who will be attending this year along with a detailed timetable of events.

Woking AC meet and train at the Sheerwater Athletics Track on Tuesdays and Thursdays 6:30pm to 8:30pm and Sundays 10:00am to 12:00 noon.

New members always welcome - for membership details telephone 01932 356266.

A full timetable will be posted to all entrants (available after the closing date)

Closing date for entries 21 August 2007 - No entries on the day

Post entries to Woking AC Dept 2, 3 Elm Close, Send Marsh, Ripley, Surrey GU23 6LE
or enter and pay online at www.wokingac.com



Entry fee £4 per event. Total Amount..... Make cheques payable to "Woking AC"

Surname:	Date of birth (dd/mm/yy):		Events (Maximum 3)	
	First Name:	Age Group (Please tick)		Event 1:
		Under 11 Girls	Under 11 Boys	Best performance in last 12 months:
		Under 13 Girls	Under 13 Boys	Event 2:
		Under 15 Girls	Under 15 Boys	Best performance in last 12 months:
		Under 17 Women	Under 17 Men	Event 3:
Under 20 Women		Under 20 Men	Best performance in last 12 months:	
Address:		Club/school:		
Postcode:				
Telephone Number:				
Email address: (please print in CAPITAL letters)				

PRELIMINARY TIMETABLE

TO BE CONFIRMED AFTER ENTRIES CLOSE

Time	Age Groups	Event	
09:45	U13 G	70m Hurdles	Heats
09:55	U13 B	1500m	Final
10:05	U15 G	75m Hurdles	Heats
10:20	U15 G	1500m	Final
10:30	U13 B	80m Hurdles	Heats
10:35	U15 B	80m Hurdles	Heats
10:45	U13 G	800m	Heats
11:00	U13 G	100m	Heats
11:15	U13 B	100m	Heats
11:30	U15 G	100m	Heats
11:40	U15 B	100m	Heats
11:50	U13 B	800m	Heats
12:00	U15 G	800m	Heats
12:10	U15 B	800m	Heats
12:20	U17 W	100m	Heats
12:30	U17 M	100m	Heats
12:40	U20 W	100m	Final
12:45	U20 M	100m	Heats
12:50	U11 G	80m	Heats
13:00	U11 B	80m	Heats
13:10	U17 W	300m	Heats
13:20	U13 G	100m	Final
13:25	U13 B	100m	Final
	U15 G	100m	Final
13:30	U15 B	100m	Final
	U17 W	100m	Final
13:35	U17 M	100m	Final
	U20 M	100m	Final
Lunch			
14:10	U20 M	800m	Final
14:15	U17 M	800m	Heats
14:20	U13 G	70m Hurdles	Final
14:25	U13 B	800m	Final

Time	Age Groups	Event	
14:30	U15 G	75m Hurdles	Final
14:35	U17 W	800m	Final
14:40	U13 B	80m Hurdles	Final
	U15 B	80m Hurdles	Final
14:50	U15 B	1500m	Heats
15:00	U13 G	1500m	Final
15:10	U11 G	600m*	Trials
15:25	U11 B	600m*	Trials
15:40	U13 G	200m	Heats
15:55	U13 B	200m	Heats
16:10	U15 G	200m	Heats
16:25	U15 B	200m	Heats
16:35	U17 W	200m	Heats
16:45	U17 M	200m	Heats
17:00	U20 W	200m	Heats
17:05	U20 M	200m	Heats
17:15	U11 G	80m	Final
	U11 B	80m	Final
17:20	U15 B	400m	Heats
17:30	U17 M	400m	Heats
17:35	U20 W	400m	Final
17:40	U20 M	400m	Heats
17:45	U17 W	300m	Final
17:50	U15 B	1500m	Final
17:55	U17 W	1500m	Final
	U17 M	1500m	Final
18:05	U13 G	800m	Final
18:10	U15 G	800m	Final
18:15	U15 B	800m	Final
18:20	U17 M	800m	Final
18:25	U13 G	200m	Final
	U13 B	200m	Final
18:30	U15 G	200m	Final
	U15 B	200m	Final
18:35	U17 W	200m	Final
	U17 M	200m	Final
18:40	U20 M	200m	Final
18:45	U15 B	400m	Final
	U17 M	400m	Final
18:50	U20 W	400m	Final

Sunday 2 September 2007 Sheerwater Athletics Track Blackmore Crescent Woking

Time	Age Groups	Event
10:00	U11 G	Long Jump
	U15 B	Shot
	U13 G	High Jump
	U17 W	Javelin
10:45	U11 B	Long Jump
	U13 G	Discus
11:15	U17 M	Long Jump
	U15 G	High Jump
	U15 B	Discus
	U17 M + U20 M + U20 W	Shot
11:45	U13 B + U15 B + U15 G	Pole Vault
12:15	U15 G	Shot
	U13 G	Long Jump
12:45	U17 M	Javelin
	U13 B	High Jump
	U17 W	Long Jump
13:15	U15 G	Javelin
	U15 B	Long Jump
14:00	U17 W	Shot
14:15	U17 M + U20 M + U20 W	Discus
	U13 B	Long Jump
14:30	U17 M + U17 W + U20 M + U20 W	Pole Vault
14:45	U13 G	Shot
	U17 W	High Jump
15:15	U15 G	Discus
15:30	U15 B	High Jump
15:45	U13 B	Javelin
16:15	U17 W	Discus
	U17 M	High Jump
16:45	U15 G	Long Jump
17:15	U15 B	Javelin

PLEASE NOTE

This is a busy Championship with nearly 600 athletes taking part and as a result the timetable is very tight. So please observe the following notes:

Competitors for all **TRACK EVENTS** (Heats and Finals) must report to the **MARSHALLING AREA** 20 minutes before the event time. Competitors for all **FIELD EVENTS** must report to their respective **COMPETITION AREA** 20 minutes before the event time.

If insufficient athletes report for Heats, finals will be run at Heat times.

*Under 11 Boys and Girls 600m will be run as Time Trials. The fastest three overall will be awarded medals.

Starting Blocks will only be allowed in the Finals. If you want to use Starting Blocks please bring your own.

Please collect your numbers from the Registration Desk on arrival.





YOUNG ATHLETES

OPEN CHAMPIONSHIP

2 September 2007

2007

WOKING AC



Sponsoring a series of Kit Scholarships totalling £600 for Best Performances on the Day
see www.wokingac.com for details



Electronic timing - photo finish Celebrity Presentations

In Association with
WOKING NEWS & MAIL

All age groups Under 11 to Under 20
Men and Women
Track and Field
Sheerwater Track Woking

Enter online www.wokingac.com

£4.00 per event - Maximum 3 events

Cheques to: WOKING AC

Entries to: Dept Po, 3 Elm Close, Send Marsh, Ripley, Surrey GU23 6LE

Closing date: 21 August 2007

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	M	F	M	F	M	F	M	F	M	F
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300m							✓			
400m					✓		✓		✓	✓
600m	✓	✓								
800m			✓	✓	✓	✓	✓	✓	✓	✓
1500m			✓	✓	✓	✓	✓	✓	✓	✓
70m H				✓						
75m H						✓				
80m H			✓		✓					
High jump			✓	✓	✓	✓	✓	✓	✓	✓
Long jump	✓	✓	✓	✓	✓	✓	✓	✓		
Shot			✓	✓	✓	✓	✓	✓	✓	✓
Discus			✓	✓	✓	✓	✓	✓	✓	✓
Pole vault			✓		✓	✓	✓	✓	✓	✓
Javelin			✓		✓	✓	✓	✓		

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