

# WOKING ATHLETIC CLUB

Under UKA rules

## EVENING OPEN MEETING

WEDNESDAY 6TH AUGUST 2008

### Electronic Timing

#### TRACK

6.45 100M M & F all ages

7.10 1500m M & F all ages

7.35 400m U17M, U20W, snr

7.50 200m M & F all ages

8.20 800m M & F all ages

#### FIELD

6.30 Discus all ages

6.30 Long Jump all ages

6.30 Pole vault by  
invitation only

7.30 Shot all ages

No under 11 age group

Six throws/jumps dependent on entry

Entry on night only. £2 per event juniors, £2.50 per event seniors –  
cash or cheque payable to Woking AC.

Internet website – [www.wokingac.com](http://www.wokingac.com)