



YOUNG ATHLETES WOKING AC OPEN CHAMPIONSHIP 2008

in association with



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 7 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 7 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			✓	✓	✓	✓	✓	✓	✓	✓
High jump			✓	✓	✓	✓	✓	✓	✓	✓
Long jump	✓	✓	✓	✓	✓	✓	✓	✓		
Shot			✓	✓	✓	✓	✓	✓	✓	✓
Discus			✓	✓	✓	✓	✓			
Pole vault			✓		✓	✓	✓	✓	✓	✓
Javelin			✓		✓	✓	✓	✓		

Age - Under 20 as at 31 Dec 2008 Under 11, 13, 15, 17 as at 31 Aug 2008

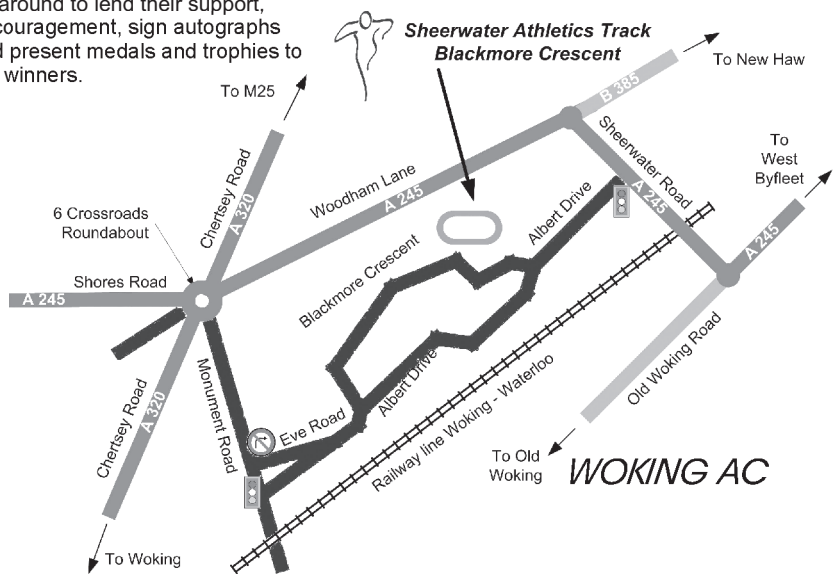
International Athletes give their support

Nicola Sanders, Hayley Tullet, Jo Fenn, Ian Tullet, John Hearnley, 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 2008 - No entries on the day

Post entries to Woking AC Dept 3, 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:
Address:	Under 11 Girls	Under 11 Boys
	Under 13 Girls	Under 13 Boys
	Under 15 Girls	Under 15 Boys
	Under 17 Women	Under 17 Men
	Under 20 Women	Under 20 Men
Postcode:	Club/school:	Event 2:
Telephone Number:		Event 3:
Email address: (please print in CAPITAL letters)		

Best performance in last 12 months:

Best performance in last 12 months:

Best performance in last 12 months:

Preliminary Timeable

Woking AC Young Athletes' Open Championship

7 September 2008

	Under 11		Under 13		Under 15		Under 17		Under 20	
	Boys	Girls	Boys	Girls	Boys	Girls	Men	Women	Men	Women
80m Heats	12:50	12:40								
80m Finals	17:00	17:00								
100m Heats			11:00	10:50	11:20	11:10	12:10	12:00	12:30	12:20
100m Finals			14:00	14:00	14:05	14:05	14:10	14:10	14:15	14:15
200m Heats			15:15	15:25	15:35	15:05	15:55	15:45	16:20	
200m Semis			16:45			16:40				
200m Finals			17:35	17:35	17:40	17:40	17:45	17:45	17:50	16:10
300m Heats								13:00		
300m Finals								15:00		
400m heats					13:05		13:15		13:25	13:20
400m Finals					17:55		18:00		18:10	18:05
600m	10:05	09:40								
800m Heats			11:30	10:40	11:50	11:40	14:50		14:55	
800m Finals			17:10	14:00	17:20	17:15	17:25	14:45	17:30	
1500m Heats					10:20		10:30			
1500m Finals			09:55	14:20	14:30	09:30	16:30	14:35		
High Jump			11:30	10:00	13:00	10:45	13:45	12:15	13:45	12:15
Long Jump	11:00	10:00	16:00	13:00	15:00	17:00	12:00	14:00		
Shot				16:00	10:00	13:00	11:30	14:30	11:30	11:30
Discus				10:00	11:00	12:00		13:00		
Pole Vault			14:00		14:00	14:00	10:45	10:45	10:45	10:45
Javelin			16:15		17:00	15:30	14:45	14:00		

This timetable will be adjusted after entries close. The final timetable will be posted and emailed to all registered competitors.