



MAC

MENDIP ATHLETICS CLUB



MAC Open 3 – Thursday 27th June 2019 PROGRAMME OF EVENTS

MILLFIELD SCHOOL ATHLETICS TRACK, STREET, BA16 0YD

Entry on the day only. Collection of numbers from 6.00pm, track events start at 6.30pm. No entry to the track until 6.15pm - athletes can use top field to warm up.

PLEASE NOTE:

£5.00 entry fee - free for MAC members. Maximum of **3 events** plus relay per competitor (year 6 athletes may decide to compete on track as either a year 6 or as an U13 BUT NOT BOTH) **Under 15's must not compete in more than 1 middle distance event.** Track events may be held as graded time-trials subject to number of entries. Please pre-register at the entry desk for Hurdles events. Please note that "Age group +" means that age group and above eg "U15+" means under 15 athletes and anyone in an age group above.

Athletes should get to their event **5 MINUTES** before the given time. **Listen for announcements** as the track & field programme may be brought forward if numbers are low.

Time	TRACK	Time	FIELD
6.30	60m – Years 3 & 4	6.30	High Jump – U13 B & G
6.45	80m – Years 5 & 6		Javelin – U15 and older B & G
7.00	100m – U13 and Older		Quoit Throw – Yr 3,4,5 B & G
7.20	4 x 50m track relays any U11 B & G	7.00	High Jump – U15 and older B&G
7.30	4 x 100m relays (can be mixed teams)		Discus - U13and older B & G
7.40	600m – Years 3, 4, 5 & 6		Shot: 1Kg Yr 3,4; 2Kg Yr5 B; 1Kg Yr5 G
7.55	800m – U13 and older		Long Jump – U13 B & G
8.10	70mH – U13G	7.30	Shot U13 B & G
	75mH – U15G / U13B		Howlers - Year 3,4,5 B & G
	80mH – U15B / U17W		Long Jump – Year 3,4,5 B & G
8.35	1500m – U13 and older B & G		Invitation Hammer Competition
8.45	1000m Steeplechase U13 and older <i>low height barriers</i>	8.00	Javelin – U13 B & G Long Jump – U15 and older B & G
<i>NOTE: It may be possible to hold a 1500m Steeplechase event if there is demand. Please contact Ian (see below) if interested.</i>			Shot U15 and older B & G

Photography – photo permits available from the announcer’s hut. Athletes who do not wish to be photographed must put a large “X” on their number. Note that Mendip AC cannot guarantee that any athletes displaying an “X” will not be photographed.

RESULTS: We will endeavour to publish results on the Mendip AC website within two days of each competition, and will submit to Powerof10 at the same time. It may take up to a week for confirmed to appear on the Powerof10 website.

Event Contact Number – Ian: 0798 5160526



UKA Track & Field Permit: OUT 19/222; Level: 1

MAC Open 3_27 June 2019 Provisional – [please check website nearer the day as the programme may be subject to change.](#)

www.mendipac.org.uk

