



City of Plymouth Athletic Club

The Brickfields
Raglan Road
Devonport.

Affiliated to U.K.A.
Club House Telephone: 01752 509780

SPRING WARM UP MEETING 5th April 2009 **1st Event : 10.30a.m. at the Brickfields**

U11 Girls & Boys

75m. 150m. Long Jump. **Turbo Javelin**

U13 Girls & Boys

100m. 200m. 600m. Long Jump. Shot. **Javelin** .70m Hurdles

U15 Girls

100m. 200m. 800m. 1500m. 75mH. Long Jump . High Jump . Shot. Javelin Discus

U15 Boys

100m. 200m. 400m. 800m. 1500m. 80mH .Long Jump. High Jump. Shot. Javelin. Discus

U17 Ladies

100m. 200m. 300m.800m.1500m. 300m H 80mH . Long Jump . High Jump .Shot
Javelin Discus

U17 Men

100m. 200m. 400m. 800m. 1500m. 100mH. Long Jump . High Jump . Shot Javelin
Discus

Junior & Senior Ladies

100m. 200m. 400m. 800m. 1500m. 100mH.400MH. Long Jump. High Jump .
Shot.Javelin Discus

Junior & Senior Men

100m. 200m. 400m. 800m. 1500m. 110mH . Long Jump . High Jump. Shot Javelin
Discus

**Pole Vault all applicable Age Groups subject to notification before Day of Meeting and
sufficient entries. 3000m for U15 and above at 10.40am if sufficient interest.**

Hammer for all ages at 10.30am.

Ages as at 31st August - Maximum Spike Length 6mm

U11 - U17 Girls & Boys - Maximum of 3 Events

Junior & Senior Women & Men - Maximum of 5 Events

Entry Fee **£5.00** per Athlete payable in advance or on the day or by post to
 Mr Stephen Endacott, 17 Grantley Gardens Mannamead Plymouth PL3 5BP. Tel.01752
 516457 Numbers will be issued on the day.Cheques payable to City of Plymouth A.C.

TIME	EVENT	TRACK	TIME	EVENT	FIELD
10.30	300/400H	Female & Male Under 17 & Senior			
10.40	3000m	All applicable Age Groups			
11.00	70m.H	U13 Girls & Boys	10.30	Hammer	All Age Groups
	75m.H	U15 Girls			
	80m.H	U15 Boys	11.00	Javelin /Turbo Javelin	All Age Groups
	80m.H	U17 Ladies		Long Jump	U15 Girls/U17.Junior/Seniors
	100m.H	Junior/Senior Ladies & U17 Men			
	110m.H	Junior/Senior Men			
12.00	100m	U13 Girls	12.00	Shot	U 17, Junior/ Senior Ladies
	100m	U13 Boys			
	100m	U15 Girls		High Jump	U15 Girls
	100m	U15 Boys			
	100m	U17 Ladies			
	100m	U17 Men	12.20	Cricket/Rounders Ball	U11 Girls & Boys
	100m	Junior & Senior Ladies			
	100m	Junior & Senior Men			
12.50	75m	U11 Boys & Girls			
13.00	600m	U13 Girls	13.00	Long Jump	U11 / U13 / U15Boys
	800m	U15 Girls		Shot	U13/U15 Boys
	800m	U15 Boys		High Jump	.Junior /Senior Men
	800m	U17.Junior/Senior Ladies			
	800m	U17 Men			
	800m	Junior/Senior Men			
Lunch 13.45-14.15					
14.15	300m	U17 Girls	14.00	Shot	U13/U15 Girls
	400m	U15 Boys		Long Jump	U11 Girls/U13 Girls
	400m	Junior/Senior Ladies	14.15	High Jump	U15 Boys / U17 Men
	400m	U17 Men			
	400m	Junior/Senior Men			
14.30	1500m	U15 Girls/Boys			
14.40	1500m	U17. Junior/Senior Ladies			
14.50	1500m	U17. Junior/Senior Men			
15.00	150m	U11 Girls/Boys	15.00	<i>Pole Vault</i>	<i>Subject to Numbers</i>
				High Jump	U17/ Junior/Senior Ladies
				Long Jump	U17/Junior/Senior Men
15.10	200m	U13 Girls			
	200m	U13 Boys			
	200m	U15 Girls			
	200m	U15 Boys			
16.00	200m	U17 Junior/Senior Ladies	16.00	Shot	U17.Junior/Senior Men
	200m	U17 Men		Discus	All Age Groups
	200m	Junior/Senior Men			

Clubs please advise if you can provide officials

MAXIMUM SPIKE LENGTH 5/6mm