



THE JULIE ROSE TRACK AND FIELD GAMES 28 AUGUST 2010

Venue: Julie Rose Stadium Ashford Kent TN24 9QX

ELECTRONIC TIMING

PROVISIONAL EVENT TIMETABLE

TIME	EVENT	AGE GROUPS
11.00	200m	All permitted ages - men and women
11.00	Javelin 1	U17/U20/SEN
11.00	Pole Vault	U13 and above
11.00	Shot 1	U13/15
11.30	600M	U11 and above-men and women
12.00	70M Hurdles	U13G
12.00	Long Jump 1	U11 only
12.00	High Jump 1	U13/15
12.00	Long jump 2	U17/u20/SEN
12.00	Discus 1	U17/u20/SEN
12.10	75M Hurdles	U13B/U15G
12.20	80M Hurdles	U15B/U17W
12.30	100M Hurdles	U17M
13.00	300m	All permitted ages – men and women
13.00	Long jump 3	U13/15
13.00	Vortex Howler	U11 only
13.30	Race walks 1k and 3k	1k (U13 and U15) 3k (U15 and above)
14.00	60m	U11 only
14.00	Discus 2	U13/15
14.00	High Jump 2	U17/u20/SEN
14.20	100m	all permitted ages – men and women
15.00	1500m	all permitted ages - men and women
15.00	Javelin 2	U13/15
15.00	Shot 2	U17/u20/SEN

- Ashford AC reserve the right to alter the timetable.
- Entries via the web site £2.00 per event to be paid when collecting your number on the day (at least 30 minutes before your first event) www.ashfordac.org.uk
- Entries £3.00 per event on day for under 13 and older age groups.
- Entries £2.00 per event on day for under 11 age group
- You must register at least 30 minutes before your first event.
- Under UKA Rules – except Under 11s Events
- Under 11s may only compete in 60m/long jump/600m/Vortex Howler with 3 attempts in the jump and throw. Under 11s can compete in a maximum of three events on the day.
- Long jump four trials except under 11s
- Throws events four trials except under 11s

Any queries? Please contact thehuxleys@btinternet.com