



City of Plymouth Athletic Club

The Brickfields
Raglan Road
Devonport

Club House Telephone: 01752 509780

SPRING WARM UP MEETING - Sunday 7th April 2019

1st Event : 11.00am. at the Brickfields

(held under UKA rules)

U8 (Panthers)

4 event QuadKids competition - 50m, Long Jump, Vortex and 400m

U11 Girls & Boys

75m, 70m Hurdles (55cm height) 150m, 600m, Long Jump, Vortex

U13 Girls & Boys

100m, 150m, 600m, 1500m, Sprint Hurdles, Long Jump, Discus, Shot, Javelin

(Please note U13's cannot do both 600m and 1500m on the same day)

U15 Girls

100m, 200m, 300m, 800m, 1500m, 3000m, 75mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*

(Please note U15's cannot do both 800m and 1500m/3000m on the same day)

U15 Boys

100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*

(Please note U15's cannot do both 800m and 1500m/3000m on the same day)

U17 Women

100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, 300mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*

U17 Men

100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*

U20 & Senior Women

100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*

U20 & Senior Men

100m, 200m, 400m, 800m, 1500m, 3000m, 110mH, 400mH, 3000m S/C, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*

Wheelchair and Ambulant athletes welcome

Relays can be mixed and entered on the day (no extra charge)

Pole Vault all applicable Age Groups subject to notification before Day of Meeting and sufficient entries.

Ages as at 31st August 2019

U11 - U17 Girls & Boys - Maximum of 3 Events

U20 & Senior Women & Men - Maximum of 5 Events

Entry Fee **£6.00** per Athlete (Panthers £4.00) payable in advance or on the day.

Pre entries to Mr Keith Reed, 41 Cleeve Drive, Ivybridge, Devon, PL21 9BW

Numbers will be issued on the day. Cheques payable to City of Plymouth A.C.

Clubs please provide officials **MAXIMUM SPIKE LENGTH 6mm**

Spring Warm Up - Sunday April 7th
Brickfields Track, Plymouth

<u>Track</u>			<u>Field</u>		
Time	Event	Age Group	Time	Event	Age Group
11.00	300m Hurdles	U17W	11.00	High Jump	U17W/M, SW, U20M, SM
11.05	400m Hurdles	SW,U17M, U20M, SM		Discus	All age groups
11.15	3000m	U15G/B/U17W/M/SW/U20M/SM		Long Jump	U11 (Pit 1)
11.30	100m	U13G		Vortex	U8 Panthers
	100m	U13B			
	100m	U15G	11.30	Long Jump	U8 Panthers
	100m	U15B			
	100m	U17W/SW	12.00	Long Jump	U13B/G/U15G/B (Pit 2)
	100m	U17M		Pole Vault *	All age groups
	100m	U20M/SM		Shot	U13G/B/U15B/GU17W
	100m	Wheelchair and Ambulant			
12.15	75m	U11G/U11B			
12.30	50m	U8 (Panthers)			
12.40	800m	Graded races	13.00	Long Jump	U17W/SW/U17M/U20M/SM
13.05	600m	U13G/B			
13.10	600m	U11G/B			
13.15	400m	U8 (Panthers)			
	LUNCH				
	BREAK		13.30	Hammer	All ages
13.45	70m Hurdles	U11G/U11BU13G		Vortex	U11G/B
	75m Hurdles	U13B/U15G			
	80m Hurdles	U15B/U17W	14.00	High Jump	U13G/B/U15G/B
	100m Hurdles	U17M/SW	14.15	Javelin	U13B/G/U15G/B
	110m Hurdles	U20M/SM			
14.40	300m	U15G/U15B/U17W	14.30	Shot	SW/U17M/U20M/SM
	400m	U17M			
	400m	SW			
	400m	U20M/SM			
	400m	Wheelchair and Ambulant	15.00	Triple Jump	All ages
15.00	1500m	Graded races	15.15	Javelin	U17W/SW/U17M/U20M/SM
15.30	150m	U11G/B			
	150m	U13G/B			
	200m	U15G			
	200m	U15B			
	200m	U17W/SW			
	200m	U17M			
	200m	U20M/SM			
	200m	Wheelchair and Ambulant			
	3000m S/C	Men/U20M			
16.15	4x100m Relays	All age groups			

Age groups as of August 31st 2019