

NEWQUAY & PAR
ATHLETIC
CLUB

invite you to their

25th ANNIVERSARY MEETING

to be held at
THE PAR ATHLETIC TRACK

on
SATURDAY 15th AUGUST 2009
starting at 2.00pm

ELECTRONIC TIMING - THE FIRST IN CORNWALL

**ALL FULL ENTRIES RECEIVED WITH THE FEE BY THE
CLOSING DATE WILL RECEIVE A TEE SHIRT**
(full entries are £4.50, not the single £2 entry)

*THE 1 mile FINAL RACE IS A SUB- 4min CHALLENGE
(Male) WITH A £250 CASH PRIZE IF ACHIEVED*
(This race will include 4 x 440 yds [1 mile total] Relay)

**ALL RACES (EXCEPT U11) WILL BE MIXED AND GRADED
(P/B, S/B OR PROJECTED TIMES MUST BE INCLUDED ON THE ENTRY
FORM – 1500m TIME FOR 1mile)**

Parent Events - No Entry Fee

**SUGGESTED TIME FOR 'MEET & GREET' PAST ATHLETES & CLUB
MEMBERS IS 5.00-7.00pm**
A BAR & HOG ROAST (vegetarian alternative) HAS BEEN APPLIED FOR

Entries to :

Dave Varney, 38 Manor View, PAR CORNWALL PL24 2EN

no later than Monday 3rd August 2009 with fee of £4.50 (£2.00 single event)
(payable to Newquay & Par AC)

**NEWQUAY & PAR ATHLETIC CLUB
25th ANNIVERSARY MEETING – ENTRY FORM**

CLUB/SCHOOL/COLLEGE.....

ENTRY FOR AGE GROUP(age at 01/09/09 - min 8 on day)

EVENT(Track & Field)	P/b, s/b or projected time

Note: the above must be completed & will be used for grading track races
(1mile use 1500m time)

SIGNED.....Date of Birth.....

NAME IN BLOCK
CAPITALS.....

ADDRESS (inc Postcode.....
.....

TEL: (Day)..... (Eve).....

E-mail..... Repeat E-mail.....

Small / Medium / Large Tee Shirt size if paying £4.50 entry (circle or cross out)

Entries to :
Dave Varney, 38 Manor View, PAR CORNWALL PL24 2EN

*no later than Monday 3rd August 2009 with fee of £4.50 payable to N&P AC
(£2.00 for single event)*

NEWQUAY & PAR AC 25th ANNIVERSARY MEETING AT PAR TRACK

SAT. 15 AUGUST 09

TIMETABLE OF EVENTS

<u>TRACK</u>	<u>FIELD</u>
2.00 70 m H (68.5 cm) U13 Girls	2.00 Discus All Female Ages
600 m U11 Girls	Long Jump U13 Boys & Girls
600 m U11 Boys	Shot U13/U15 Boys
2.20 75 m H (76.2 cm) U15 Girls	
75 m H (76.2 cm) U13 Boys	
800 m Race 1	
2.40 80 m H (76.2 cm) W40/U17 Women	
80 m H (84.0 cm) U15 Boys	2.50 'Howler throw' U11 Boys & Girls
800 m Race 2	High Jump All Male Ages
3.00 100 m H (91.4/84.0 cm) U17 Men/S Women	Shot All Female Ages
110 m H (106.7 cm) Men (or vet height)	
800 m Race 3	'Howler throw' <i>Parents Event</i>
3.20 75 m U11 Girls	will follow U11 event
75 m U11 Boys	
3.35 100 m Race 1	
100 m Race 2	3.40 Discus All Male Ages Mixed
100 m Race 3	Triple Jump All Mixed (no U13)
100 m Race 4	Standing LJ <i>Parents Event</i>
4.00 300 m U17 Women	
400 m Race 1	
400 m Race 2	4.35 Long Jump U11 Boys & Girls
4.30 2000mS/ch Female (U17/U20/SW)	High Jump All Female Ages
4.50 150 m U11 Girls	Javelin All Male Ages
150 m U11 Boys	
80m <i>Parent Race(s)</i>	
5.00 Track Break	5.15 Field Break
MEET & GREET – EX ATHLETES & CLUB MEMBERS	
HOG ROAST (+Vegetarian) & BAR	
5.30 2000mS/ch Male (U17/U20/SM)	5.45 Javelin All Female Ages
5.45 4 x 100 m Relays All age groups	Long Jump U15 Boys & Girls
6.15 3000m All except U13G	Pole Vault All Mixed
6.30 300 m Hurdles U17Women	
400 m Hurdles U17M/ Men & Women	6.30 Hammer All mixed
6.45 200 m Race 1	Long Jump U17/Senior M&W
200 m Race 2	
200 m Race 3	
200 m Race 4	
7.15 1 Mile Race 1	
1 Mile Race 2	
1 Mile Race 3 *	
* (includes 4 x 440yds relays U15/U17 & Senior)	

NOTE – U13 & U15 Girls may not compete in 600/800 and 1Mile on the same day.
All Races (except U11) will be mixed & graded.

It is hoped that the 1 mile races will be held as the 2009 County Championships subject to ratification by the CCAA
Note: Under 13's are included in the 1 Mile races but not as a Championship Event

AGES AS AT 1 SEPTEMBER 2009