



# City of Plymouth Athletic Club

The Brickfields  
Raglan Road  
Devonport.

Affiliated to U.K.A

Club House Telephone: 01752 509780

## **SPRING WARM UP MEETING 4th April 2010** **1st Event : 10.30a.m. at the Brickfields** **In memory of Richard Rowe and Frank Coles**

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

### U11 Girls & Boys

75m. 150m, 600m, Long Jump. Vortex

### 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 Pole Vault, Hammer

### U15 Boys

100m. 200m. 400m. 800m. 1500m, 80mH, Long Jump, High Jump. Shot. Javelin. Discus Pole V, Hammer

### U17 Ladies

100m. 200m. 300m.800m.1500m, 3000m (Frank Coles Trophy race). 2000m SC 300m H 80mH . Long Jump . High Jump .Shot Javelin Discus, Pole V, Hammer

### U17 Men

100m. 200m. 400m. 800m (Trophy). 1500m. 3000m 100mH. Long Jump. High Jump. Shot Javelin, Discus, Pole V, 2000m S/C, Hammer

### U20 & Senior Ladies

100m. 200m. 400m. 800m. 1500m. 3000m (Trophy race) 100mH.400MH. Long Jump. High Jump . Shot, Javelin Discus, Pole V, 2000m S/C, Hammer

### U20 & Senior Men

100m. 200m. 400m. 800m. 1500m, 3000m. 110mH . Long Jump. High Jump. Shot Javelin Discus Pole V, 2000m SC, Hammer

Sprint hurdles, 200m and throws will also be Trophy races based on Power of Ten results. 100m Trophy for U17/U20 men

**U11 - U17 Girls & Boys - Maximum of 3 Events**

**Junior & Senior Women & Men - Maximum of 5 Events**

Entry Fee **£6.00** 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.

### **Additional information which may be helpful to schools and parents of athletes.**

- This event is a community event for any individuals to enter.
- School staff need not attend.
- Parental supervision is required whilst athletes not competing.
- Register on arrival and any queries will be answered from the Plymouth AC Club house.
- Allow at least ½ hour before your event to register, change and prepare.
- There will a PA system announcing events.
- Allow time to report to the start area of your event.
- Programme times are for the start of the events. Field event warm ups are done under the instruction of the officials.
- Athletes must not cut across the centre of the track.
- Parents and spectators must remain behind the fencing surrounding the track.