



## **Timetable for Brickfields Open Track and Field training evening** **Tuesday 16<sup>th</sup> March**

<u>4pm – 5pm</u>	Exclusive use of Schools Events to be covered Sprints/jumps 4 – 4.30pm Throws (Vortex Javelin/ Javelin/Shot) 4.30pm – 5pm Middle Distance/Relays 4.30pm – 5pm
5pm	75m/100m Long Jump Throws
5.30pm	300m/400m/800m Long Jump (2) High Jump
6.00pm	75m/100m (2) Long Jump (3) Throws
6.30pm	3000m Relays High Jump

These times are a guide only and dependant on entry may be moved or extended. Athletes must register (£1) and pick up a number to take part (not schools) Times and performances will be recorded but may not be eligible for record purposes because of the emphasis on training. Only the spirit of the UKA rules will be applied, allowances will be made. The events will be supervised by coaches and officials but help is encouraged from teachers/parents and athletes. We are really keen to have everyone have a go, this includes adults who may fancy a go at the track or field. You will be helped by the coaches and made to feel welcome. The emphasis is on fun but within a safe environment.

All monies raised will cover track hire and funding for composite network teams.

For further details e-mail Keith Reed, Armada Network co-ordinator on [keith.reed@plymouth.gov.uk](mailto:keith.reed@plymouth.gov.uk) or by telephone on 01752 307349 (Mobile 07881 511361)