



HAVERING MAYESBROOK A.C.

PRESENT A

SPRING WARM UP MEETING TRACK & JUMPS MEETING

on Sunday 29th March 2009

at HORNCHURCH STADIUM, BRIDGE AVENUE, UPMINSTER, ESSEX
(Under UK:A Rules – except Under 11s)

TRACK

10.30 a.m.	300m hurdles	U17, Junior & Senior Women.
10.45 a.m. *		U17, Junior & Senior Men.
11.00 a.m. *	80m	U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls; U15 Boys.
11.20 a.m. *		U17, Junior & Senior Women; U17, Junior & Senior Men.
11.45 p.m. *	600m	U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls, U15 Boys
12.00 noon *		U17, Junior & Senior Women; U17, Junior & Senior Men.
12.15 p.m. *	150m	U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls; U15 Boys.
12.30 p.m. *		U17, Junior & Senior Women; U17, Junior & Senior Men.
12.45p.m. *	300m	U15 Girls, U15 Boys, U17 Women, U17 Men.
1.00 p.m. *		Junior & Senior Women; Junior & Senior Men,

FIELD

10.30 a.m.	Long Jump	U11, U13 and U15 Boys & Girls.
10.30 a.m.	High Jump	All Male & Female age groups - U17 upwards.
10.30 p.m.	Pole Vault	All Male & Female age groups - U15 upwards.
11.15 p.m.	Long Jump	U17, Junior and Senior Men & Women.
12.00 p.m.	High Jump	All Male & Female age groups - U13s & U15s.
12.00 p.m.	Triple Jump	All Male & Female age groups - U15 upwards.

PLEASE NOTE:

1. * Times are approximate depending on number of entries. Age groups may be combined.
2. **For track events – female races will be held first, from youngest upwards, then male**
3. Long & Triple jumps – FOUR trials
4. Under 11s: **School Year 5 only** - born between 1 September 1998 and 31 August 1999 aged 9 or 10.
5. **ENTRIES ON THE DAY ONLY:** £3.00 first event, £2.00 subsequent events.

ENQUIRIES TO MARK BISHOP 01268-565161