



# HAVERING MAYESBROOK A.C.

## PRESENT A SPRING WARM UP MEETING

on Saturday 4<sup>th</sup> April 2009

at MAYESBROOK PARK ARENA, LODGE AVENUE, BARKING ESSEX  
(Under UK:A Rules – except Under 11s)

### TRACK

1.00 p.m.	800m	All Male & Female age groups - U11 upwards.
1.40 p.m.*	100m	All Male & Female age groups - U11 upwards.
2.30 p.m. *#	Sprint Hurdles	U13 Girls (70m), U15 Girls / U13 Boys (75m), U17 Women / U15 Boys (80m).
2.30 p.m. *#	3000m	Female – U15 Girls and above
2.50 p.m. *#	Sprint Hurdles	Junior/Senior Women/U17 Men (100m), Junior/Senior Men (110m).
2.50 p.m. *#	3000m	Male – U15 Boys and above
3.20 p.m. *	300m	U15 Girls & U17 Women
3.30 p.m. *	400m	Junior & Senior Women, U15 Boys, U17, Junior & Senior Men.
3.50 p.m. *	200m	All Male & Female age groups - U13 upwards.
4.30 p.m. *	1500m	All Male & Female age groups - U13 upwards.

### FIELD

12.00 noon.	Hammer	All Male & Female age groups - U15 upwards.
12.30 p.m	Long Jump	U17, Junior and Senior Men & Women.
1.15 p.m.	Discus	All Male age groups - U13 upwards.
	Long Jump	U11, U13 and U15 Boys & Girls.
	Shot Putt	Female age groups - U15 upwards.
2.30 p.m	Discus	All Female age groups - U13 upwards.
	Shot Putt	Male age groups - U15 upwards.
	High Jump	All Male & Female age groups - U13 upwards.
	Triple Jump	U17, Junior and Senior Men & Women.
3.45 p.m	Javelin	All Male & Female age groups - U15 upwards.

### PLEASE NOTE:

1. \* Times are approximate depending on number of entries.
2. **For track events – female races will be held first, from youngest upwards, then male**
3. # Sprint Hurdles and 3000m to alternate.
4. Throws – FOUR trials.
5. Under 13s and Under 15s may only compete in **either** 800m **or** 1500m, **but not both**.
6. Under 11s: **School Year 5 only** - born between 1 September 1998 and 31 August 1999 aged 9 or 10..
7. ENTRIES ON THE DAY ONLY: £3.00 first event, £2.00 subsequent events.

ENQUIRIES TO MARK BISHOP 01268-565161