



# Charnwood Athletic Club



## Open Meetings Fixture List 2010

### Sunday 18th April 2010

**Open Graded Warm Up Meeting** - First Event 11.00 am (Races Graded on times submitted on entry form)

Events for all age groups from Under 11 to Veterans (Subject to UK Athletics rules)

COST £2.00 PER EVENT BEFORE THE DAY, £3.00 PER EVENT ON THE DAY

**100m, 200m, 400m (300m for Girls U/15 & Ladies U/17), 800m, 1500m, 3000m, 400m/300m Hurdles  
Sprint Hurdles, Hammer, Discus, Javelin, Shot, Long Jump, High Jump, Triple Jump, Pole Vault.**

Please Note: Under 11's and Under 13's will not be allowed to compete in the 300m, 400m, 3000m,  
300m/400m Hurdles, Hammer, Triple Jump or Pole Vault.

### Thursday 13th May 2010

**Open Graded Meeting** - First Event 6.45 pm (Races Graded on times submitted on entry form)

Events for all age groups from Under 11 to Veterans (Subject to UK Athletics rules)

COST £2.00 PER EVENT BEFORE THE DAY, £3.00 PER EVENT ON THE DAY

**100m, 200m, 800m, 3000m, Discus, Shot, Triple Jump**

**High Jump for Females and Long Jump for Males**

Please Note: Under 11's and Under 13's will not be allowed to compete in the 3000m or Triple Jump

### Wednesday 16th June 2010

**Open Graded Meeting** - First Event 6.45 pm (Races Graded on times submitted on entry form)

Events for all age groups from Under 11 to Veterans (Subject to UK Athletics rules)

COST £2.00 PER EVENT BEFORE THE DAY, £3.00 PER EVENT ON THE DAY

**100m, 200m, 400m (300m for Girls U/15 and Ladies U/17), 1500m, Javelin, Shot, Pole Vault,**

**High Jump for Males and Long Jump for Females**

Please Note: Under 11's and Under 13's will not be allowed to compete in the 300m, 400m or Pole Vault

### Wednesday 14th July 2010

**Open Graded Meeting** - First Event 6.45 pm (Races Graded on times submitted on entry form)

Events for all age groups from Under 11 to Veterans (Subject to UK Athletics rules)

COST £2.00 PER EVENT BEFORE THE DAY, £3.00 PER EVENT ON THE DAY

**100m, 200m, 400m (300m for Girls U/15 and Ladies U/17), 1500m, Hammer, Shot, Triple Jump,**

**High Jump for Females and Long Jump for Males**

Please Note: Under 11's and Under 13's will not be allowed to compete in the 300m, 400m, Triple Jump or Hammer

### Wednesday 11th August 2010

**Open Graded Meeting** - First Event 6.45 pm (Races Graded on times submitted on entry form)

Events for all age groups from Under 11 to Veterans (Subject to UK Athletics rules)

COST £2.00 PER EVENT BEFORE THE DAY, £3.00 PER EVENT ON THE DAY

**100m, 200m, 800m, 3000m, Discus, Shot, Pole Vault**

**High Jump for Males and Long Jump for Females**

Please Note: Under 11's and Under 13's will not be allowed to compete in the 3000m or Pole Vault

### Sunday 22nd August 2010

**'Stars of the Future'**

**An open Track & Field Trophy meeting for all young athletes**

Events for age groups Under 11, Under 13, Under 15, Under 17, Under 20's, both Male & Female

**100m (75m for U/11), 200m (150m for U/11), 400m (300m for Girls U/15 & Ladies U/17), 800m, 3000m,  
Sprint Hurdles, Hammer, Discus, Javelin, Shot, Long Jump, High Jump, Triple Jump, Pole Vault.**

Cost - £3.00 for one event, £5.50 for two events, £8.00 for three events, £10.50 for four events

**Some Events not available for certain age groups - PLEASE SEE SEPERATE NOTICE**

**Medals to First Three in each event**

**NOTE: CLOSING DATE WEDNESDAY 11TH AUGUST 2010 - NO ENTRIES ON THE DAY WILL BE ALLOWED**

**Charnwood AC will donate 50p to Rainbows Childrens Hospice for every entrant at every meeting**

For fuller details and entry forms please send SAE to:-

Ivan Taylor (meetings organiser), 19 Chestnut Close, Shepshed, Leics. LE12 9PH

or visit [www.charnwoodac.com](http://www.charnwoodac.com)

**The Organisers reserve the right to decline entries they deem unsuitable**