

Charnwood Athletic Club

Open Meetings Fixture List 2009

Wednesday 3rd June 2009

Open Graded Meeting - First Event 6.45 (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 1st July 2009

Open Graded Meeting - First Event 6.45 (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, 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, Pole Vault or Hammer

Wednesday 5th August 2009

Open Graded Meeting - First Event 6.45 (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, Javelin, 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

Sunday 23rd August 2009

'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, Shot, Long Jump, High Jump, Triple Jump, Pole Vault.**

Cost - £3.00 for one event, £5.00 for two events, £7.00 for three events

Some Events not available for certain age groups - please see separate notice

Medals to First Three in each event

NOTE: CLOSING DATE FRIDAY 14TH AUGUST 2009 - 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**

All meetings subject to Loughborough University completing Track Upgrade, scheduled for completion mid May 2009.

Issued February 2009