SPENBOROUGH & DISTRICT ATHLETIC CLUB
The Spring Open Meeting
Sunday 29th March 2020
At the Princess Mary Athletic Stadium, Bradford Road, Cleckheaton. WF15 6LW

Hammer and Pole Vault start 9.30am, other Field events 10.30am

Under 11 Girls 75m, 150m, 600m, Long Jump, Shot
Under 11 Boys 75m, 150m, 600m, Long Jump, Shot
Under 13 Girls 75m, 150m, 600m, Long Jump, Pole Vault, High Jump, Javelin, Shot
Under 13 Boys 100m, 200m, 800m, Long Jump, Pole Vault, High Jump, Javelin, Shot
Under 15 Girls 100m, 200m, 300m, 800m, Long Jump, Pole Vault, High Jump, Javelin, Shot
Under 15 Boys 100m, 200m, 300m, 800m, Long Jump, Pole Vault, High Jump, Javelin, Shot
Under 17 Women 100m, 200m, 400m, 800m, Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Under 17 Men 100m, 200m, 400m, 800m, Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Junior Women 100m, 200m, 400m, 800m, Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Junior Men 100m, 200m, 400m, 800m, Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Senior Women 100m, 200m, 400m, 800m, Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer
Senior Men 100m, 200m, 400m, 800m, Long Jump, Pole Vault, Discus, Javelin, Shot, Hammer

Field Events – All competitors get 3 trials
Track Events – All races are decided on times – no heats or finals

The organisers reserve the right to amend the programme without notice
Masters/Veterans are invited to throw their age-appropriate implement weight in field trials
UKA rules incorporating IAAF rules apply

Online & Postal Entries - £5.00 first event, £3.00 per additional event
Entries on the Day - £6.00 per event

Entries on the day must be placed before 9.00am for field events and 10.30 am for track events

Cheques made payable to ‘Spenborough & District AC’

Numbers to be collected on the day

Closing date for postal entries 16th March 2020
(Max. 3 events U17 and below. Max. 5 events U20. Minimum age for entry 8 years. Age as at 31st August in year of competition.)

Any queries contact: www.spenac.co.uk

Due to the construction works at the Leisure Centre the car park will be much busier than usual, so please leave plenty of time for your journey. Parking is available on local roads; please park responsibly.

Postal Entries to: Meeting Secretary, 27 Cliffe Lane, Cleckheaton, BD19 4EU

PLEASE COMPLETE IN BLOCK CAPITALS

Name: .......................................................... Male/Female (please circle)

Email: .......................................................... Tel No: ...........................................

Club: ....................................................... UK Athletics URN (if known): ............

Date of Birth: ............................................. Age Group: ....................................

Events you wish to enter: ..........................................................