

THE CITY OF SOUTHEND-ON-SEA ATHLETIC CLUB TRACK & FIELD CHAMPIONSHIPS & OPEN 2022

Bank Holiday Monday August 29th – Garon Park

With Electronic Timing

TIMETABLE



<u>Track</u>		
10.30am	1 Mile Walk	All (U13/ yr 6 upwards)
11.00am	800m	All (U13/ yr 6 upwards)
11.45am	60m/75m	U11's (60m yr 1,2) (75m yr 3,4,5) Plus Toddlers Fun Races
12.15pm	100m	All (U13/ yr 6 upwards)
13.00pm	600m	U11's (yr 3,4,5)
13.30pm	300m	GU15, WU17, BU15
13.45pm	400m	WU20, SW, VW, MU17, MU20, SM, VM
14.30pm	1500m	All (U13/ yr 6 upwards)
15.30pm	150m	U11's (yr 3,4,5) Plus More Toddlers Fun Races
16.00pm	200m	All (U13/ yr 6 upwards)

<u>Field</u>		<u>Shot Putt</u>	
<u>Long Jump</u>		10.30am	GU13, GU15
10.30am	BU13, BU15	11.15am	WU17, WU20, SW, VW
11.30pm	MU17, MU20, SM, VM	12.00pm	BU13, BU15
12.30pm	GU13, GU15	12.45pm	MU17, MU20, SM, VM
13.30pm	U11's Girls (yr 4 & 5)		
14.30pm	U11's Boys (yr 4 & 5)		
15.30pm	WU17, WU20, SW, VW		
		<u>Discus</u>	
<u>Turbo Jav</u>		13.45pm	GU13, GU15
12.30pm	Girls U11's (yr 4,5)	14.30pm	WU17, WU20, SW, VW
13.00pm	Boys U11's (yr 4,5)	15.15pm	BU13, BU15
		16.00pm	MU17, MU20, SM, VM

An Inspired Facility

Celebrating the return of this popular event and Our New Grandstand



1. Open to All & incorporating the City of Southend AC Club Champs.
2. Medals for 1st three in each event.
3. On-Line Entries Only. See website: southend-on-sea-athletic-club.co.uk/annual-club-events
4. Entry Fee £4.00 per event/ £10 per 3 events/ £13 per 4 events/ £15 per 5 events
5. Athletes U13-U17 may compete in a max of 3 events. U20's - 5 events. Snrs - no limit.
6. Field Events – FOUR trials each max.
7. The Southend AC Club Champion will be the highest placed paid up member per event.
8. Enquiries: Keith Palmer Tel: 07778 259082 Email: keithpalmer400m@gmail.com
9. Veterans will receive medals V35-39, V40-49, V50-59, V60+.
10. Fun Races for Toddlers, Pre School & Reception. Free of charge. Turn up on the day.
11. **This event has been kindly supported by The Rotary Club of Leigh-on-Sea.**