



# GLOUCESTER ATHLETIC CLUB

## Open Graded Events September 2022

u11 up to Masters Welcome!!

Blackbridge Jubilee Athletics Track, Podsmead Road, Gloucester, GL2 5AB

(HELD UNDER UKA RULES)



### THURSDAY 8th SEPTEMBER - ROUND 1

#### TRACK

Time	Event	Age Group
6.00pm	200m	(U13 and above)
7.15pm	800m	(U11 and above)
8.15pm	3000m	(U15 and above)

All track events are open to Para-athletes

#### FIELD

Time	Event	Age Group
6.15pm	Shot Put	(U11 and above)


All athletes will be given four attempts

### TUESDAY 13th SEPTEMBER - ROUND 2

#### TRACK

Time	Event	Age Group
6.00pm	75m	(U11 only)
6.10pm	100m*	(U13 and above)
7.15pm	1500m	(U13 and above)

All track events are open to Para-athletes

 100m event is sponsored by SPT ([www.speedprojecttraining.co.uk](http://www.speedprojecttraining.co.uk))

#### FIELD

Time	Event	Age Group
6.00pm	Long Jump	(U11 to U15)
7.00pm	Long Jump	(U17, U20, Seniors & Masters)

All athletes will be given four attempts

Under UKA rules athletes in some age categories are not allowed to combine certain events on the same day. If in doubt, check with your coaches.

Races will be run on a graded basis so it is essential that personal best or expected performances are given on the entry form. We intend to have pacemakers for all 800m, 1500m and 3000m but this cannot be guaranteed.

## HOW TO ENTER



Entries via dedicated page on Gloucester AC website - [www.gloucesterac.co.uk](http://www.gloucesterac.co.uk)

Enquiries to [gloucesteracopen@outlook.com](mailto:gloucesteracopen@outlook.com)

Entry fee is £6.00 per event plus an 80p booking fee which is taken by the entry website.

Closing date is midnight on Tuesday 6th September for Round 1 and Saturday 10th September for Round 2. Start lists and final timetables will be published on the website after this time.

Disabled athlete may enter the dedicated car park via the upper gate on Poplar Close which is closer to accessible facilities. Postcode GL1 5TX.