

SOUTHEND CITY COMMUNITY OPEN 2026
Incl. Southend-on-Sea Athletic Club Championships
Bank Holiday Monday 31 August 2026 – Garon Park SS2 4FA
(With Electronic Timing)
FINAL TIMETABLE

Track		
10:00	1 Mile Walk	All (U14/Yr7 through to Masters)
10:20	800m*	All (U14/Yr7 through to Masters)
11:10	40m	Toddlers Fun Race (Pre-School)
11:15	50m	U6 (Rec) & U8 (Yr1/Yr2)
11:30	60m	U10 (Yr3/Yr4)
11:45	75m	U12 (Yr5/Yr6)
12:00	100m	All (U14/Yr7 through to Masters)
13:00	600m	Girls U12 (Yr5/Yr6)
13:15	600m	Boys U12 (Yr5/Yr6)
13:30	300m	GU16, WU18, BU16
13:50	400m	U10 (Yr3/Yr4) (Curved Line Start)
14:00	400m	WU20, SW, VW, MU18, MU20, SM, VM
14:30	1500m*	All (U14/Yr7 through to Masters)
15:30	120m	U10 (Yr3/Yr4)
15:45	150m	U12 (Yr5/Yr6)
16:00	200m	All (U14/Yr7 through to Masters)



Field		Shot Put	
Long Jump	Pit 1	Pit 2	
10.00	BU14(Yr7).	BU14(Yr8)	10.00 BU16, GU16
11.00	VM,	BU16, MU18	10.45 GU14, BU14
12.00	BU12(Yr5).	BU12(Yr6)	11.30 WU18, MU18,
13.30	GU12(Yr5)	GU12(Yr6)	12.15 SW, VW, SM, VM
14.30	GU14(Yr7)	GU14(Yr8)	Turbo Javelin
15.30	SW, VW	GU16, WU18	10.00 GU10, BU10 (Yr3&4) 300g
High Jump			10.30 GU12, BU12 (Yr5&6) 400g
10.00	All FEMALE		Javelin
	GU14, WU16, WU18, SW,		11.00 GU14, BU14
11.30	All MALE		Mini Howler
	BU14, BU16, MU18, VM		12.15 B & G U6 (Rec) & U8 (Yr1, Yr2)
			Discus
			13.30 GU14, BU14
			14.15 GU16, BU16
			15.00 WU18, WU20, MU18,
			15.45 SW, VW, SM,

- 1 Open to All & incorporating the City of Southend AC Club Championships.
- 2 **Medals** for 1st three in each event
- 3 Athletes U10-U18 may compete in a max of 3 events. U20's - 5 events. Seniors - no limit.
- 4 *UKA rules (TR3 S2) state U14 and U16's **cannot** compete in both **800m** and **1500m** on the same day.
- 5 **Field Attempts** – LJ/Throws - **Boy/Girl 3 trials each (4 if time allows)/ Men/Women 4 Trials each.**
- 6 **Enquiries:** Keith Palmer Text: 07778 259082 or Email: keithpalmer400m@gmail.com
- 7 Masters will receive medals 35+ to 100+ in their 5-year age categories.
- 8 Fun Races for Toddlers (Pre School). Free of charge. No pre-entry-Turn up on the day.
- 9 **Entry Fee:** £6 per event; £15 per 3; £18 per 4; £21 per 5; £24 per 6; £27 per 7 events.
- 10 **This event has been kindly supported by The Rotary Club of Leigh-on-Sea.**

NOTE All entrants shall be deemed to have made himself/herself/themselves familiar with, and agreed to be bound by, the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of athletics, for 12 months from date of entering the event, whether or not the entrant is a citizen of, or resident in, the UK. <https://www.ukad.org.uk/anti-doping-rules>