

POOLE OPEN TRACK & FIELD MEETING

At Ashdown Leisure Centre Track, Canford Heath, Poole, Dorset, BH17 8RE

on Saturday 15th April 2023 (Permit No OUT23/085)

UKA Rules apply to all athletes, except Under 11s where Quadkids rules apply.

Under-13, Under-15 and Under 17 age groups can only take part in 3 events.

Field Events will allow 4 attempts, except 3 for Under 11s only.

TRACK		FIELD	
11.35am	Under 13 Boys 1200m Under 13 Girls 1200m	11.30am	U11 Girls & Boys Howler (A) U13 & U15 Girls & Boys Long Jump (B) U17/U20/Sen Men & Wmn High Jump(C)
11.45am	U15 Boys & Girls & U17 Women 1500m U17 Men & Sen Men & Women 1500m		
Noon	Wheelchair/Frame Runner 100m Under 13 Girls & Boys 100m Under 15 Girls & Boys 100m		
12.15pm	Under 11 Boys & Girls 75m Senior Women & Men 100m Under 17/20 Men & Women 100m	12.30pm	U13-U15 Boys & Girls Shot (B) U13-Senior Male & Female Javelin (C) U11 Boys Long Jump (A)
12.50pm	Under 13 Girls & Boys 800m		
12.55pm	Under 15 Girls & Boys 800m Under 17 Women & Men 800m Under 20/Sen Men & Women 800m		
1.10pm	Frame Runner 60m Wheelchair Racer 200m Under 17/20 & Sen Women 200m Under 17/20 & Sen Men 200m	1.15pm	U13-15 Male & Female Discus (A)
1.40pm	Under 13 Boys and Girls 200m Under 15 Girls & Boys 200m	1:30pm	U17/U20/Sen Men & Wmn Long Jump(B) U13/U15 Girls and Boys High Jump (C)
1.55pm	Under 11 Boys and Girls 600m Under 15 Girls & 17 Women 300m		
2.15pm	Under 15 Boys 300m Wheelchair Racer 400m	2:15pm	U17-Sen Male & Female Shot (C) U11 Girls Long Jump (B) U17-Senior Male & Female Discus (A)
2.25pm	Under 17 Men & U20 + Sen Men & Sen Women 400m		
2.40pm	3000m U15 Boys & Girls & U17 Wmn * 3000m U17M & Sen Men & Women*		

Cost of entry will be £7.00 per athlete, pre-entry closing day is 12th April or £10.00 for entries on the day.

Limit to Quadkids Entries of 24 Girls & 24 Boys. Pre-Entries will be via <https://opentrack.run>

*For 3000M races the Starter & Markman may decide to run these as graded events depending on numbers.

Cheques on the day made payable to **Ashdown Track User Group**. Age groups based on UKA qualification criteria, Minimum age 8 years on the date of competition. **ENTRIES ON THE DAY WILL CLOSE AT 10:30AM**

Contactless card preferred for payments on the day. (All Numbers distributed on the day).

We hope some refreshments will be available to buy at the Track HQ.

Quadkids scoring tables will be used for those Under 11s taking part in their 4 designated events.

Name:

Address:

..... Post Code.....

Date of Birth: Sex: Male/Female (Delete as applicable) Age Group

Affiliated Club/School:

Waiver: I declare that I am fit to compete in this event and that the organisers shall not be liable for any loss, damage or injury suffered as a result of my participation in this meeting.

Signature of Competitor or their parent/guardian:

Contact the Poole AC Website for more information at <http://pooleac.co.uk/contact-us/>