

Tavistock A.C

SPRING WARM UP MEETING - Sunday 5th April 2020
1st Event : 11.00am. at Tavistock College Track
(held under UKA rules - License No OUT 20/231)



U8 (Panthers)

4 event QuadKids competition – 50m, Long Jump, Vortex and 400m

U11 Girls & Boys

75m, 70m Hurdles (55cm height) 150m, 600m, Long Jump, Vortex

U13 Girls & Boys

100m, 150m, 600m, 1500m, Sprint Hurdles, Long Jump, High Jump, Discus, Shot, Javelin
(Please note U13's cannot do both 600m and 1500m on the same day)

U15 Girls

100m, 200m, 300m, 800m, 1500m, 3000m, 75mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, 1500m S/C (Please note U15's cannot do both 800m and 1500m/3000m on the same day)

U15 Boys

100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, 1500m S/C
(Please note U15's cannot do both 800m and 1500m/3000m on the same day)

U17 Women

100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, 300mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, 1500m S/C

U17 Men

100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, 1500m S/C

U20 & Senior Women

100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, 1500m S/C

U20 & Senior Men

100m, 200m, 400m, 800m, 1500m, 3000m, 110mH, 400mH, 3000m S/C, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer,

Wheelchair and Ambulant athletes welcome

All Steeplechase entries will need to pre- register to aid planning of the event

Relays can be mixed and entered on the day (no extra charge)

Ages as at 31st August 2020
U11 - U17 Girls & Boys - Maximum of 3 Events
U20 & Senior Women & Men - Maximum of 5 Events

Entry Fee **£7.00** per Athlete (Panthers £5.00) payable in advance or on the day.
Pre entries to Mr Keith Reed, 41 Cleeve Drive, Ivybridge, Devon, PL21 9BW
Numbers will be issued on the day. Cheques payable to Tavistock AC

Clubs please provide officials **MAXIMUM SPIKE LENGTH 6mm**

**Spring Warm Up - Sunday April 5th
Tavistock**

<u>Track</u>			<u>Field</u>		
Time	Event	Age Group	Time	Event	Age Group
11.00	300m Hurdles	U17W	11.00	High Jump	U17W/M, SW, U20M, SM
11.05	400m Hurdles	SW,U17M, U20M, SM		Discus	Female age groups
11.15	3000m	U15G/B/U17W/M/SW/U20M/SM		Long Jump	U11 (Pit 1)
11.30	100m	U13G		Vortex	U8 Panthers
	100m	U13B			
	100m	U15G	11.30	Long Jump	U8 Panthers
	100m	U15B			
	100m	U17W/SW	12.00	Long Jump	U13B/G/U15G/B (Pit 2)
	100m	U17M		Shot	U13G/B/U15B/GU17W
	100m	U20M/SM		Discus	Male age groups
	100m	Wheelchair and Ambulant			
12.15	75m	U11G/U11B			
12.30	50m	U8 (Panthers)			
12.40	800m	Graded races	13.00	Long Jump	U17W/SW/U17M/U20M/SM
13.05	600m	U13G/B			
13.10	600m	U11G/B			
13.15	400m	U8 (Panthers)			
	LUNCH BREAK		13.20	Hammer	All ages from U15 upwards
13.45	70m Hurdles	U11G/U11BU13G		Vortex	U11G/B
	75m Hurdles	U13B/U15G			
	80m Hurdles	U15B/U17W	14.00	High Jump	U13G/B/U15G/B
	100m Hurdles	U17M/SW	14.15	Javelin	U13B/G/U15G/B
	110m Hurdles	U20M/SM			
14.40	300m	U15G/U15B/U17W	14.30	Shot	SW/U17M/U20M/SM
	400m	U17M			
	400m	SW			
	400m	U20M/SM			
	400m	Wheelchair and Ambulant	15.00	Triple Jump	All ages from U15 upwards
15.00	1500m	Graded races	15.15	Javelin	U17W/SW/U17M/U20M/SM
15.30	150m	U11G/B			
	150m	U13G/B			
	200m	U15G			
	200m	U15B			
	200m	U17W/SW			
	200m	U17M			
	200m	U20M/SM			
	200m	Wheelchair and Ambulant			
	Steeplechases	U15/U17/Seniors			
16.15	4x100m Relays	All age groups			

Age groups as of August 31st 2020