



BRISTOL & WEST AC

Open Track & Field Meeting
(Under UKA Rules)
Wednesday 4th September 2019



At the Yate Outdoor Sports Complex, Broad Lane, Yate, Bristol, BS37 7LB

6.15	75m QK	U11G	6.30	Discus	U13G, U13B, to SL, SM. Championships & Open
6.20	75m QK	U11B	6.30	Pole Vault	U13G, U13B to SL/SM Open
6.30	70m Hurdles Championship Finals	U13G	6.30	Standing Long Jump QK	U11G & U11B
6.40	75m Hurdles Championship Finals	U13B/U15G	6.45	High Jump	U13G & U13B, Open
7.00	80m Hurdles Championship Finals	U17L/U15B	7.00	Long Jump	U13G & U13B, Open
7.10	100m Hurdles Championship Finals	U17M/SL	7.30	High Jump	All ages from U15 Open
7.25	600m QK	U11G	7.45	Vortex Throw QK	U11G, U11B
7.30	600m QK	U11B	8.00	Long Jump	U15G, U15B to SL/SM Open & Championship
7.40	300m Championship Finals	U15G/U15B/U17L	8.00	Shot	U13G, U13B to SL/SM Open
8.00	400m Championship Finals	U17M/SL			
8.15	100m Open Grades Races	U13G/U13B/U15G/U15B/U17L U17M/U20L/U20M/SL/SM			
8.40	1500 Open Graded Races	U13G/U13B/U15G/U15B/U17L U17M/U20L/U20M/SL/SM			

Notes:

Athletes must pre-enter on line for all Championship events. Entry fees for Championship Events: £7 for first event plus £3 each subsequent event (e.g. 3 events = £13). No entries or payments on the day allowed. Numbers to be collected on the night. Pre -entry fees for Open Events £7 for first entry plus £3 for each subsequent event. Open event entry on the night £8 for first event and £4 for subsequent events.

Under-11s Quad Kids £6 for 75m, 600m, Long Jump and Vortex throw.

Athletes entering on the night must do so at least 40 minutes before their first event start time. U13s/15s/17s will be limited to 3 individual events;

Long Jump: Each athlete will have 4 trials; up to 2 additional trials allowed at the Field Referee's discretion.

Throws: Each athlete will have a minimum of 4 throws, up to 2 additional trials allowed at Field Referee's discretion.

EDM measurement will be used. Electronic timing and photo-finish will be available.

Championship Medals will be awarded to the first 3 Avon eligible athletes in the U13, U15 and U17 Age Group events. In U20 and Senior age group events with less than 8 competitors only Gold medals will be awarded.

On line entry is at <https://www.entrycentral.com/festival/1809>

Closing Date for entries is 1st September 2019. No late entries will be allowed for Avon Championships.

This timetable is provisional and may alter depending on entries to Championship events. The final timetable will be published after entries close on 1 September and will be published on the Avon AA website - www.avon-aa.org.uk. It is your responsibility to check the website to make sure of the start times for their event.

Meeting Coordinator - John Robbins at john.robbins73@gmail.com or 07948-304567.