



Crawley AC Open Meeting

K2 Leisure Centre, Crawley, RH11 9BQ

Saturday 20th April 2019

Provisional Time Table - UKA Permit – OUT 19/104

www.crawleyac.net

Track			Field		
11:15	400mH	Senior Men & U20m			
11:25	400mH	Senior Women & U20W	10:30	Long Jump	U15 and above Men & Women
11:35	400mH	U17 Men	10:30	Pole Vault	Entry by Invitation
11:45	300mH	U17 Women			
12:00	1500m	U13/U15 Boys & Girls	11:00	High Jump	U13 and above Men & Women starting ht below 1.40m
12:20	110mH	U20 & Senior Men	11:30	Shot	U13/U15 Boys & Girls
12:35	100mH	U17 Men & U20 & Snr Women			
12:45	1500m	U17 and above Men & Women	12:00	Long Jump	U13 Girls
13:00	80mH	U17 Women & U15 Boys			
13:15	75mH	U13 Boys & U15 Girls			
13:30	70mH	U13 Girls			
13:45	600m	U11 Boys & Girls	13:30	High Jump	U13 and above Men Women starting ht above 1.40m
13:55	100m	U20 and above Men & Women	13:30	Long Jump	U13 Boys
14:05	100m	U17 Men & Women			
14:15	100m	U15 Men & Women	14:00	Javelin	U13/U15 Boys & Girls
14:25	100m	U13 Boys & Girls	14:00	Shot	U17 and above Men & Women
14:40	60m	U11 Boys & Girls			
15:00	400m	U20 and above Women	15:30	Long Jump	U11 Boys & Girls
15:10	400m	U17 and above Men	15:30	Javelin	U17 and above Men & Women
15:20	300m	U15 Boys & Girls & U17 Women			
15:35	800m	U13/U15 Boys & Girls			
15:50	800m	U17 and above Men & Women			
16:05	200m	U20 and above Men & Women			
16:15	200m	U17 Men & Women			
16:25	200m	U15 Men & Women			
16:35	200m	U13 Boys & Girls			
16:45	150m	U11 Boys & Girls			
17:00	3000m	U15 Boys & U17 and above Men & Women			

1. Competition run under UKA Laws, athletes will need to be registered with EA to compete - except U11's
2. **Ages at 31st August 2019 for U13, U15 & U17. U20 & Seniors ages at 31st December 2019.** (U11 MUST be 9 but under 11 on 31st August 2019 – School year 5).
3. Maximum spike length 6mm (Javelin 9mm).
4. **Field Events** – 4 trials – depending on entries at the discretion of the Field Referee
5. **Entry to this meeting will be online** – www.crawleyac.net
6. **PRE ENTRY** fee is **£5.00** per event (Pre entry closes midnight Thursday 18th April)
7. **Pre entry only for ALL Events**
8. **Enquiries** – E-mail open@crawleyac.org.uk
9. Provisional timings & events may vary due to entry numbers.
10. U11/U13/U15/U17 athletes can enter a **maximum** of 3 events, U11/U13/U15 athletes can only compete in one race between 600m & 3000m.
11. There will be Electronic timing with photo finish.
12. Athletes must collect their numbers from registration at least 45 minutes before the start of their first event.
13. Results from the meeting will be published on our website following the meeting once they have been checked. Power of 10 will be notified within 72 hours

Enter online

www.crawleyac.net