



Crawley AC Graded Open Meeting

K2 Leisure Centre, Crawley, RH11 9BQ

Wednesday 10th July 2019

UKA Permit OUT 19/104

www.crawleyac.net

Track			Field		
			18:30	Long Jump	U15 and above Men only
18:45	60m	U11 Boys & Girls	18:30	Discus	U13/U15 Boys & Girls
19:00	100m*	Graded U13 and above M & W	18:30	High Jump	U13 and above Men Women starting ht below 1.40m
19:30	400m*	Graded U17 and above M & W	18:30	Shot	U17 and above Men & Women
20:00	300m*	Graded U15/U17 M & W			
20:20	800m*	Graded U13 and above M & W	19:45	Long Jump	U13 Boys & Girls
			19:45	High Jump	U13 and above Men & Women starting ht above 1.40m
			19:45	Discus	U17 and above Men & Women
			19:45	Shot	U13/U15 Boys & Girls

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 Monday 8th July)
7. **Entries on the day** **£7.00** per event or 3 events per athlete for £20
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. Athletes must pay/collect their numbers from registration at least 45 minutes before the start of their first event.
12. There will be Electronic timing with photo finish.
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