



**Crawley AC Tom Lintern Open Medal Meeting**  
**K2 Leisure Centre, Crawley, RH11 9BQ**  
**Monday 26th August 2019**

www.crawleyac.net

UKA Permit OUT 19/104

Track			Field		PRE Entries Only
10:00	10000m	Sussex Championships M & W			
11:00	400mH	Senior Men & U20m	10:15	Hammer	U15 to Snr Men & Women with Pb's below 35m
11:15	400mH	Senior Women & U20W	10:30	Long Jump	U11 Boys & Girls
11:30	400mH	U17 Men	10:30	High Jump	U13/U15 Boys & Girls
11:45	300mH	U17 Women			
12:00	1500m	U13/U15 Boys & Girls			
12:20	110mH	U20 & Senior Men	12:00	Long Jump	U13 Girls
12:35	100mH	U17 Men & U20 & Snr Women			
12:45	1500m	U17/U20/Snr Men & Women	12:30	Hammer	U15 to Snr Men & Women with Pb's above 35m
13:00	80mH	U17 Women & U15 Boys			
13:15	75mH	U13 Boys & U15 Girls			
13:30	70mH	U13 Girls	13:30	Long Jump	U13 Boys
13:45	600m	U11 Boys & Girls	13:30	High Jump	U17/U20/Snr Men & Women
13:55	100m	U20/Snr Men & Women			
14:05	100m	U17 Men & Women	13:45	Shot	U13/U15 Boys & Girls
14:15	100m	U15 Men & Women			
14:25	100m	U13 Boys & Girls			
14:40	75m	U11 Boys & Girls			
15:00	400m	U20 & Snr Women	15:00	Javelin	U13/U15 Boys & Girls
15:10	400m	U17 – Snr Men			
15:20	300m	U15 Boys & Girls & U17 Women	15:30	Shot	U17/U20/Snr Men & Women
15:35	800m	U13/U15 Boys & Girls	15:30	Long Jump	U15/U17/U20/Snr Men & Women
15:50	800m	U17 – Snr Men & Women			
16:05	200m	U20/Snr Men & Women			
16:15	200m	U17 Men & Women	16:30	Javelin	U17/U20/Snr Men & Women
16:25	200m	U15 Men & Women			
16:35	200m	U13 Boys & Girls			
16:45	150m	U11 Boys & Girls			

**MEDALS TO THE FIRST 3 IN EACH EVENT - AGE GROUPS = U11 U13 U15 U17 U20 SNR**

1. Competition run under UKA Laws, athletes will need to be registered with EA to compete - except U11's
2. Ages at 31<sup>st</sup> August 2019 for U13, U15 & U17, U20 & Seniors ages at 31<sup>st</sup> 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
5. **Entry to this meeting will be online** – www.crawleyac.net
6. **PRE ENTRY fee** is £6.00 per event (Pre entry closes midnight Thursday 22nd August)
7. **FIELD EVENTS & HURDLE RACES & 10K- PRE ENTRY ONLY – NO ENTRIES WILL BE ACCEPTED ON THE DAY**
8. **Entries on the day £8.00 – (Track events only – no Hurdles)** per event , 3 events per athlete £22
9. **Enquiries** - E-mail [open@crawleyac.org.uk](mailto:open@crawleyac.org.uk)
10. Provisional timings & events may vary due to entry numbers.
11. 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.
12. There will be Electronic timing with photo finish.
13. Athletes must pay/collect their numbers from registration at least 45 minutes before the start of their first event.
14. 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](http://www.crawleyac.net)**