

COLCHESTER AND TENDRING ATHLETICS CLUB

OPEN GRADED MEETING

29th August 2011 at Garrison Athletics Track, Colchester

EVENTS:-

Under 11-

80 METRES, 600 METRES, LONG JUMP, HIGH JUMP only

ALL AGES (except Under 11)-

SPRINT HURDLES, 100M,200M,800M, SP,JT,HT,DT,HJ,LJ

U15/U17 GIRLS-

300M

U17M/JM/SM/U17 W, JW/SW: -

400M

Special event:- Help for Heroes 1MILE

This event is for U17/ Juniors/seniors. It is hoped that we will have a good entry for this event and races will be arranged having account of personal performance. There will be separate races for men and women. We have never had 4 min mile on this track-can you be the first?

Entry- £3.50 per event, in advance , £4.50 per event on day. Entries to John Sanders, Stanmoor, Stanway Green, Colchester, CO3 0QZ. Advance entries to be received by 24th August 2011. Cheques to be made payable to Colchester and Tendring AC. Monies raised for the" Help for Heroes" mile will be paid to the Charity to support the new personnel recovery unit here in Colchester

Application forms, provisional timetable are available on website

Please note that no entries on the day will be accepted later than 45 mins. before the event. Please keep in touch with the website for updates on timetables, car parking info etc.

Website:- www.cat-ac.co.uk

E-mail:-info@cat-ac.co.uk

COLCHESTER AND TENDRING OPEN

PROVISIONAL TIMETABLE 2

Time	Track	Field 1	Field 2	Field 3	Field4
1145		U11GLJ	U11BHJ	HTU15/U17B	JTU17/JW/SW
1200	70 Hurdles U13G				
1210	75 Hurdles U13B/U15G				
1220	80 Hurdles U17G/U15B			HTU15/U17G	JTU17/JM/SM
1230	100 Hurdles U17m/JW/SW	LJU15/U13 B			
1245	800m All		HJ		
1255				HTJM/SM	JTU13/U15B
1315	600m U11B	LJU15/U13 G			
1325	600m U11G				JTU13/U15G
1330	200m All			HT JW/SW	
1415		U11BLJ	U11GHJ	DTU13/U15G	SP17/JW/SW
1430	300m U15/U17G				
1440	400m U15B/U1B7/JM/SM/JW/SW				
1445				DTU13/U15	SPU17/JM/SM
1505	Help for Heroes Mile-U17B/U17G/JM/SM/JW/SW	LJ			
1535	80U11B			DTU17JW/SW	SPU13/U15G
	80U11G				
1615	100 All			DTU17JM/SM	SPU13 U15B

Field events: 3 trials for U 11 in long jump. Trials in other age groups may be limited to 4 depending on entries

COLCHESTER AND TENDRING OPEN

GARRISON TRACK, COLCHESTER, AUGUST 29th 2011

Application form

Name	Date of Birth
Club/School	Age group
Male/female	Tel. no.
<u>Events entered</u>	
Event 1	Best Performance
Event 2	Best Performance
Event 3	Best Performance
Event 4	Best Performance
Event 5	Best Performance

Note max. of 3 events for U11/U13/U15/U17 age groups. 300m for U15/U17G only and 400m for U15B/U17B/ JM/SM/JW/SW, 1 mile for U17JM/SM/JW/SW

Fees are £3.50 per event in advance. Advance entries should be received by 24th August and sent to John Sanders, Stanmoor, Stanway Green, Colchester, CO3 0QZ Please make out cheque/PO to Colchester and Tendring Athletics Club