

BRIDGEND AC OPEN MEETING

Open to athletes of all abilities from schools and clubs

Wednesday 8th July 2009 ~ 6:15 pm start

Entries on the night from 5:30pm

£1 first event – 50p per additional event ~ Relay races-no cost

Note: All athletes a maximum 3 events + relays (Except u20, Sen & Masters)

Order of Events

Track

Sprint Hurdles* – (only 4 athletes per race, using the centre lanes of track)

Under 17 Men ~ 100mH

Under 15 Boys ~ 80mH

Under 17W ~ 80mH

Under 13 Boys ~ 75mH

Under 15 Girls ~ 75mH

Under 13 G ~ 70mH

75 meters Under 11's only

Field

100 meters* All age groups (no under 11's)

Long Jump* All age groups

150 metres Under 11's only

Shot* All age groups

300 metres All age groups (no under 11's)

High Jump* All age groups

600 metres All age groups

Discus* Under 17/20/Sen

1000 metres All age groups (no under 11's)

* Event performances eligible for ranking purposes

Order of Age Groups

Under 11's

Under 13's

Under 15's

Under 17's

Under 20's, Sen & Vets



BRIDGEND AC

Training

Mondays 5:30pm

Or contact 07989445627

PLEASE NOTE

At 7:30pm there will be a 5 minute break in the track programme, whilst the "Merthyr Mawr Countryside 5 Mile Race" starts with a full lap of the track.

The finish will be outside of the athletics arena.

Further details on

www.bridgendac.co.uk

LISTEN TO ANNOUNCEMENTS THROUGHOUT THE EVENING IF IN DOUBT - ASK

Run in the Spirit of uk:athletics Rules

Starter's DECISION IS FINAL

Medley Relay (M & F) -150m (u 13),150m (u 15),300m (u17),300m (Sen/Masters)

COMPOSITE TEAMS ALLOWED

PERFORMANCE OF THE NIGHT AWARD TO BE GIVEN AT ITS CONCLUSION