

Notts Athletic Club

SPRING SPRUCE

Pre-season Open Meeting

Sunday 3rd April 2011

Electronic Timing and EDM

SUPPORTED BY NOTTINGHAMSHIRE ATHLETICS NETWORK

Open to all abilities. All track events time trials only.

All field events limited to three trials.

Maximum entry four events (Under 11's max. three events).

Under 11 Boys & Girls (Minimum 9 years of age on the day)

80m, 150m, 600m, LJ, HJ.

Under 13 Boys

100m, 200m, 800m, 75mH, LJ, HJ, SP, JV.

Under 13 Girls

100m, 200m, 800m, 70mH, LJ, HJ, SP, JV.

Under 15 Boys

100m, 200m, 400m, 800m, 80mH, LJ, HJ, SP, JV, DT, HT.

Under 15 Girls

100m, 200m, 800m, 75mH, LJ, HJ, SP, JV, DT.

Under 17 Men

100m, 200m, 400m, 800m, 1500m, 2000mS/C, 100mH, 400mH, LJ, HJ, SP, JV, DT, HT, PV, TJ.

Under 17 Women

100m, 200m, 300m, 800m, 1500m, 1500mS/C, 80mH, 300mH, LJ, HJ, SP, JV, DT, HT, PV, TJ.

Junior/ Senior/ Masters Men

100m, 200m, 400m, 800m, 1500m, 2000mS/C, 110mH (no electronic timing for this event), 400mH, LJ, HJ, SP, JV, DT, HT, PV, TJ.

Junior/ Senior/ Masters Women

100m, 200m, 400m, 800m, 1500m, 1500mS/C, 100mH, 300mH, LJ, HJ, SP, JV, DT, HT, PV, TJ.

**To download an Entry Form or a Timetable please go to
www.nottsac.co.uk and look under 'Fixtures 2011'
Forms also available from the Registration Box at the track.**

Harvey Hadden Sports Complex, Wigman Road, Bilborough, Nottingham NG8 4PB.