2011 CLUB CHAMPIONSHIPS
For athletes in year 6 and above (U13/U15/U17/Jun/Sen/Vets)

SUNDAY 18TH SEPTEMBER 2011
Jarman Park, Hemel Hempstead, Herts

IF YOU ARE COMPETING IN THE 300m / 400m HURDLES – PLEASE REPORT TO THE STARTER ½ HOUR BEFORE THE EVENT

Athletes may enter up to 3 events

U13 / U15 athletes can only do 1 middle distance event

There will be 4 attempts in all Throws and Jumps with the exception of Pole Vault and High Jump, where starting heights and progression will be decided at the event.

Track: Please let Tim know what track events you would like to enter by Friday 16th September **(AT THE LATEST)** via e:mail timhigman@aol.com or phone 01727 836767 or 07703555702

Field: Please let Sue know what field events you would like to enter by Friday 16th September **(AT THE LATEST)** via e:mail sue_smith_51@hotmail.com or by phone 01727 833308 / 07989970104

TIMETABLE

11:00am	300m / 400m Hurdles Hammer – All Pole Vault – All Triple Jump – All High Jump - All Girls Age Groups
11:30	1500m
11:45	High Jump - All Boys Age Groups Shot Putt - All Girls Age Groups
12.05pm	200m
12.30	Shot Putt- U13 Boys Long Jump – U13 Girls
1.30	Sprint Hurdles High Hurdles
1.45	Javelin – U15 And Above Boys Long Jump – U13 Boys
2.15	800m Javelin – All Girls Age Groups
2.30	Discus – U13 Boys Shot Putt – U15 And Above Boys Long Jump – U15 And Above Girls
3.00	100m
3.15	Javelin – U13 Boys Discus – All Girl Age Groups
3.45	3000m Long Jump – U15 And Above Boys
4.05	400m 300m
4.30	Discus – U15 And Above Boys
4:35	1500m Steeple Chase
4:45	3000m Steeple Chase
4:55	2000m Steeple Chase
5:30	Fun Relays

Contact Sue if you have any questions or would like more information.