



Crawley AC Tom Lintern Open Medal Meeting
K2 Leisure Centre, Crawley, RH11 9BQ
Monday 28th August 2017

www.crawleyac.org.uk/

UKA Permit OUT 17/61

Track		Field		PRE Entries Only	
11:00	400mH	Senior Men & U20m	10:30	Hammer	U15 to Snr Men & Women with Pb's <35m
11:15	400mH	Senior Women & U20W	10:30	Long Jump	U11 Boys & Girls
11:30	400mH	U17 Men	10:30	Pole Vault	U13 to Snr Men Women Starting ht below 2.50m
11:45	300mH	U17 Women	10:30	High Jump	U13/U15 Boys & Girls
12:00	1500m	U13/U15 Boys & Girls			
12:20	110mH	U20 & Senior Men	12:30	Long Jump	U13 Girls
12:30	100mH	U17 Men & U20 & Snr Women			
12:45	1500m	U17/U120/Snr Men & Women			
13:00	80mH	U17 Women & U15 Boys	13:00	Pole Vault	U13 to Snr Men & Women starting ht above 2.50m
13:10	75mH	U13 Boys & U15 Girls	13:00	Hammer	U15 to Snr Men & Women with Pb's > 35m
13:20	70mH	U13 Girls			
13:35	600m	U11 Boys & Girls	13:30	High Jump	U17/U20/Snr Men & Women
13:50	100m	U20/Snr Men & Women			
14:00	100m	U17 Men & Women	13:45	Shot	U13/U15 Boys & Girls
14:10	100m	U15 Men & Women			
14:20	100m	U13 Boys & Girls	14:30	Long Jump	U13 Boys
14:35	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			
15:50	800m	U17 – Snr Men & Women	16:00	Long Jump	U15/U17/U20/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			
17:00	3000m	U15-Snr Men & U17-Snr Women			

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 31st August 2017 for U13, U15 & U17, U20 & Seniors ages at 31st December 2017. (U11 MUST be 9 but under 11 on 31st August 2016 – School year 5).
3. Maximum spike length 6mm (Javelin 9mm).
4. Field Events – 4 trials
5. PRE ENTRY fee is £5.00 per event (Pre entry closes Monday 21st August)
6. **FIELD EVENTS & LONG HURDLE RACES * PRE ENTRY ONLY – NO ENTRIES WILL BE ACCEPTED ON THE DAY**
7. Entries on the day £6.00 per event , 3 events per athlete £15.00
8. ENTRIES online <http://crawleyac.org.uk> or by post - Mrs J. Miller, 24 Tushmore Lane, Northgate, Crawley West Sussex RH10 8JJ
9. Enquiries – Telephone 01293-400223. E-mail 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.

ENTRY FORM Tom Lintern Medal Meeting – Monday 28th August 2017

Name Date of Birth/...../..... Age Group

Address

Club M/F EA Number

EVENTS

Entry Fee £..... (All Cheques made payable to Crawley Athletic Club please)

Contact Phone Number Contact Email Address