



# Crawley AC

## Tom Lintern Medal Meeting

### K2 Leisure Centre, Crawley, RH11 9BQ

### Monday 30th August 2010

www.crawleyac.org.uk/

New for 2010 – Electronic Timing

#### Provisional Time Table

#### TRACK

11:45 75m Boys & Girls U11/U13  
 12:10 200m Men & Women U15 - Senior  
 12:40 600m Boys & Girls U11/ U13  
 12:50 1500m Men & Women U15 - Senior  
 13:15 300m Women U17  
 13:30 400m Women Senior  
 13:45 400m Men U15 - Senior  
 14:00 100m Men & Women U15 - Senior  
 14:30 1000m Boys & Girls U13  
 14:50 150m Boys & Girls U11/U13  
 15:15 800m Men & Women U13 - Senior  
 15:45 3000m Women - U15 - Senior  
 16:05 3000m Men U15- Senior

#### FIELD

11:00	HT	Men & Women U15 – Snr
12:00	JT	Men U13 – Senior
12:00	LJ	Women U15 - Senior
12:00	HJ	M & W U13- Snr starting ht <u>below</u> 1.40m
13:15	JT	Women U13 - Senior
13:15	LJ	Boys U11 / U13
13:15	HJ	M & W U13- Snr starting ht <u>above</u> 1.40m
14:30	DT	Women U13 - Senior
14:30	SP	Male U13 – Senior
14:30	LJ	Male U15 - Senior
15:30	SP	Women U13 - Senior
15:30	LJ	Girls U11 / U13
15:30	DT	Men U13 – Senior

AGE GROUPS = U13 U15 U17 U20 Seniors - Women / Men

**MEDALS TO THE FIRST 3 IN EACH EVENT**

1. **Competition run under UKA Laws, except U11**
1. **Ages at 31<sup>st</sup> August 2010 for U13, U15 & U17, U20 & Seniors ages at 31<sup>st</sup> December 2010.**  
(U11 MUST be 9 but under 11 on 31st August 2010).
2. Maximum spike length 6mm (Javelin 9mm).
3. **Field Events** – 4 trials
4. **PRE ENTRY fee is £3.00** per event (Pre entry closes Monday 23rd August)
5. **Entries on the day £3.50** per event or **3 events for £10**
6. **ENTRIES** to Mrs J. Miller, 24 Tushmore Lane, Northgate, Crawley West Sussex RH10 8JJ
7. **Enquiries** – Telephone 01293-400223. E-mail [open@crawleyac.org.uk](mailto:open@crawleyac.org.uk)
8. Provisional timings & events may vary due to entry numbers.
9. U11 and U13 athletes can enter a **maximum** of 3 events.

#### ENTRY FORM Tom Lintern Medal Meeting – Monday 30th August 2010

Name ..... Date of Birth ...../...../.....

Address .....

.....

Club ..... M/F Age Group .....

EVENTS .....

Entry Fee \_\_\_\_\_ (All Cheques made payable to Crawley Athletic Club please)

Contact Phone Number \_\_\_\_\_

Contact Email Address \_\_\_\_\_