



Wirral AC Open Medal Meeting

Sunday 14th April 2019

(at the Oval, Bebington, CH63 7LF)

Track & Field event licence: 19/192



List of Event

U9 Girls: 75m / 600m / LJ / Turbo Javelin
U9 Boys: 75m / 600m / LJ / Turbo Javelin
U11 Girls: 75m / 150m / 600m / LJ / Turbo Javelin
U11 Boys: 75m / 150m / 600m / LJ / Turbo Javelin
U13 Girls: 70mH / 75m / 150m / 800m / 1200m / LJ / HJ / Discus / Shot / Javelin
U13 Boys: 75mH / 100m / 200m / 800m / 1500m / LJ / HJ / Discus / Shot / Javelin
U15 Girls: 75mH / 100m / 200m / 800m / 1500m / LJ / HJ / Discus / Shot / Javelin
U15 Boys: 80mH / 100m / 200m / 800m / 1500m / LJ / HJ / Discus / Shot / Javelin
U17 Women: 100m / 200m / 300m / 800m / 1500m / HJ / Discus / Shot
U17 Men: 100m / 200m / 300m / 800m / 1500m / HJ / Discus / Shot
U20 Women: 100m / 200m / 300m / 800m / 1500m
U20 Men: 100m / 200m / 300m / 800m / 1500m
Sen. Women: 100m / 200m / 300m / 800m / 1 mile
Sen. Men: 100m / 200m / 300m / 800m / 1 mile

++ Medals will be presented to 1st, 2nd and 3rd in each event in the U9, U11, U13, U15 & U17 age groups ++

Competition Rules

- i) Under UKA rules
- ii) Athletes must compete in their own age group, athlete's age at midnight 31st August 2019.
- iii) Minimum age is 7 on the day.
- iv) U9s & U11s can do a maximum of 2 track and 1 field event.
- v) U13s & U15s can do a maximum of three events.
- vi) U13s & U15s Four attempt in all field events.
- vii) U13s & U15s may not do both the 800m and 1200m/1500m.
- viii) Medals will be awarded to the first three in all events for the U9s, U11s, U13s, U15s & U17s.
- ix) Only officials, stewards and competing athletes are allowed on the inside of the track.
- x) Please wear your club vest; it greatly assists the results team.
- xi) All performances will be posted to the Power of Ten unless a written request not to do so is received.
- xii) Starting blocks are not provided.
- xiii) Photography is permitted from the spectator areas.

Entries

On-line £4 per event at <https://webcollect.org.uk/wirralac>, closing date 12th April 2019
(Number to be collected on the day)

On the day £5 per event, subject to availability.

Athlete Name: _____ **Club:** _____ **Age Group:** _____

Date of Birth: _____

Event (1): _____ **Event (2):** _____ **Event (3):** _____

Signature: _____

(Parent or Guardian if under 16)