



CHELMSFORD OPEN

Saturday 3rd April 2010



Entries in Advance Only – Closing Date: Monday 29th March 2010

Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford.

TRACK EVENTS – PHOTO FINISH WILL BE USED					
800m	10.00am	U13, U15, U17, J/SW,	800m	10.25am	U13, U15, U17, J/SM,
600m	10.50am	U11 girls	600m	10.55am	U11 boys
100m	11.10am	U13's Girls	100m	11.20am	U13's
100m	11.30am	U15's Girls	100m	11.45am	U15's
100m	12.00pm	U17's Girls	80m	12.25pm	U11 boys
100m	12.15pm	Junior and Senior Women	100m	12.55pm	U17's Boys
80m	12.20pm	U11 Girls	100m	13.10pm	Junior Men
300m	12.30am	U17 Girls	100m	1.20pm	Senior Men
1500m	1.35pm	U13's Girls	1500m	1.45pm	U13's Boys
1500m	2.00pm	U15's Girls	1500m	1.50pm	U15's boys
1500m	2.15pm	U17's girls	1500m	2.10pm	U17's Boys
1500m	2.20pm	Junior and Senior Women	1500m	2.25pm	Junior and Senior Men
200m	2.35pm	U13 Girls	200m	2.55pm	U13 boys
200m	3.05pm	U15 Girls	200m	3.25pm	U15 Boys
200m	3.45pm	Junior Women	200m	3.55pm	Junior Men
200m	3.50pm	Senior women	200m	4.00pm	Senior Men
200m	4.10pm	U17 girls	200m	4.20pm	U17 Boys
400m	4.55pm	Junior Women	400m	4.30pm	U13 boys
400m	5.00pm	Senior women	400m	4.35pm	U15 boys
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FIELD EVENTS					
HJ	10.00am	U13 and U15 girls	LJ	10.00am	U11 and U13 Boys
LJ	10.00am	U11 and U13 Girls	HJ	10.00am	U13's and U15's Boys
TJ	11.15am	U17, Junior and Senior Women	TJ	11.15am	U17, Junior and Senior Men
PV	11.30am	All age groups starting at 1.6m	PV	11.30am	All Age groups starting at 1.6m
-----	-----	-----	HJ	12.00pm	U17, junior and Senior Men
LJ	12.30pm	U15 Girls	LJ	12.30pm	U15 Boys
HJ	1.15pm	U17, Junior and Senior Women	-----	-----	-----
PV	1.30pm	All age groups starting at 2.5m	PV	1.30pm	All age groups starting at 2.5m
LJ	2.00pm	Junior and Senior Women	LJ	2.00pm	Junior and Senior Men
LJ	3.30pm	U17 Girls	LJ	3.30pm	U17 boys

Field Events – 3 trials for U11's, trials for other age groups maybe limited to 4 depending on entries. All timings are tentative, you should check on the day for event timings. A current timetable will be sent along with your numbers, providing an SAE is attached with your entry form. **Please note U13's, U15's, and U17's can only choose to race in one of the 800m or 1500m. You will not be allowed to race in both, UK athletics Rules. Photo finish will be used for the track events and EDM will be used for the field events.**

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Cost: first Event £3.50, £2.50 for all subsequent events

Male / Female (please circle)

Name: _____

Club/School: _____

Phone Number: _____

Address: _____

Post Code: _____

Date of Birth: _____

Age group please circle U11 U13 U15 U17 Jun Sen

U11's - school year 5 only - born between 1st Sept 1999 and 31st Aug 2000 aged 9 or 10. U13, U15, U17, as at 31st August 2010. U20 as at 31st December 2010

1st Event: _____ PB _____ 2nd Event: _____ PB _____

3rd Event: _____ PB _____ 4th Event: _____ PB _____

Note max 3 events for U11/U13/15/17 age groups

Send entries to: Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford CMI 2EH enclosing a stamped addressed envelope. Cheques payable to 'Chelmsford Borough Council'. **Email queries: csac@chelmsford.gov.uk Entry and event info on www.chelmsford.gov.uk/athletics**