

Tonbridge AC 2011 Club Championships

Monday 29th August 2011

Track

Field

10.30	300mh U17W Vet Women	10.30	Long Jump U11 Boys and Girls
		10.30	Pole Vault Women and Men All ages Starting Height below 3m
10.35	400mh U20W Sen Women 400mh U17M U20M Sen Men	10.30	Hammer Women and Men All ages
		10.30	High Jump Women and Men All ages Starting Height below 1.40m
10.45	1500m All ages Men and Women		
11.00	U11 75m		
11.25	100m All ages Women and Men		
12.15	Lunch	11.30	Long Jump Women and Men All ages
		12.40	Lunch
12.50	Walk 1K U11 Boys and Girls 2K U13 Boys and Girls 3K All other age groups.		
1.10	300m U15G and U17W	1.30	Javelin Women and Men All ages
1.20	400m U15B U17M U20M Sen U20W SW Vet Women	1.30	Shot Putt Women and Men All ages
1.35	70mh U13 Girls	1.30	Pole Vault Women and Men All ages Starting Height 3m and above
1.45	75mh U13 Boys and U15 Girls		
1.55	3000m U17W U20W Sen U15B,U17M,U20M, Sen	2.30	High Jump Women and Men All ages Starting Height 1.40m and above
2.25	80mh U15B and U17W		
2.45	800m All ages Women and Men	2.50	Triple Jump Men (U15 upwards) & Women (U17 upwards)
3.00	100mh U20W Sen Women. U17M	2.50	Discus Women and Men All ages
3.10	600m U11 Boys and Girls		
3.25	110mh U20M 110mh Sen Men		
3.40	200m All ages Men and Women		
3.50	Relays 4 x 100m 4 x 400m Mixed teams		

All events run under UKA Rules except under 11's

U13 and U15 Girls and Boys are not allowed to compete in more than one event of 600m and above.

Single entry fee (any number of events) £3 on line, £4 on the day.

You must register/enter at least 30 minutes before event. Tonbridge AC reserves the right to alter the timetable
Events in green are only available via online entry. If there are no advance entries they will not take place.

For all enquiries please call Meeting co-ordinator Dawn Hookway on 01732 838211