

RADLEY ATHLETIC CLUB

CLUB CHAMPIONSHIPS 2018

Saturday 22nd September 2018 – Tilsley Park, Abingdon, OX14 1PU



Final Timetable

Track			Field		
10:00	300/400 m Hurdles	Per age group rules	10:00	High Jump Hammer Throw	U13 upwards U15 upwards
10:30	200 m	U13 upwards	11:00	Long Jump	QuadKids
11:00	1500 m	U13 upwards	11:45	Long Jump	U13 upwards (female)
11:20	70/75/80 m Hurdles	Per age group rules	12:00	Discus	U13 upwards
11:35	100/110 m Hurdles	Per age group rules	12:30	Vortex Throw	QuadKids
11:45	300/400 m	Per age group rules	13:00	Long Jump	U13 upwards (male)
12:05	75 m	QuadKids	13:45	Javelin	U13 upwards
12:30	Relays	All	14:00	Triple Jump	U15 upwards
13:00	600 m	QuadKids	14:30	Shot Put	U13 upwards
13:20	100 m	U13 upwards			
14:15	800 m	U13 upwards			

Athletes MUST register and collect their numbers at least 30 minutes before the start of their first track event.

Relay teams are submitted on the day, mixed ages and genders are encouraged.

Where numbers allow, hurdle races will be combined for 70 m, 75 m and 80 m, and also 100 m and 110 m.

Field events will consist of 4 trials (except high jump)

Finalised Timetable changes:

11:45 Long Jump U13 upwards - (female)

(Senior & Masters Female Long Jump moved from 13:00 to 11:45)

12:00 Discus U13 upwards All (male & female)

(Female Discus moved from 11am to 12pm)

13:45 Javelin U13 upwards All (male & female)

(Female Javelin moved from 13:00 to 13:45)