

RADLEY ATHLETIC CLUB

CLUB CHAMPIONSHIPS 2018



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

This event is open to Radley athletes of all ages. Please treat it as fun – try an event you don't normally compete in. If you are a runner try a throw or jump. If you throw, why not get a few of you to do a run or a jump, and if you jump then a throw or a run would be great.

You can enter this event online

visit our website
radleyathletic.club
for instructions on how to enter online

Event Availability

Female Events						Male Events				
U9-11	U13	U15	U17	U20+		U9-11	U13	U15	U17	U20+
✓	x	x	x	x	QuadKids	✓	x	x	x	x
x	✓	✓	✓	✓	100 m	x	✓	✓	✓	✓
x	✓	✓	✓	✓	200 m	x	✓	✓	✓	✓
x	x	✓	✓	x	300 m	x	x	✓	x	x
x	x	x	x	✓	400 m	x	x	x	✓	✓
x	✓	✓	✓	✓	800 m	x	✓	✓	✓	✓
x	✓	✓	✓	✓	1500 m	x	✓	✓	✓	✓
x	70	75	80	100	Sprint Hurdles	x	75	80	100	110
x	x	x	✓	x	300 mH	x	x	x	x	x
x	x	x	x	✓	400 mH	x	x	x	✓	✓
x	✓	✓	✓	✓	Long Jump	x	✓	✓	✓	✓
x	✓	✓	✓	✓	High Jump	x	✓	✓	✓	✓
x	x	✓	✓	✓	Triple Jump	x	x	✓	✓	✓
x	✓	✓	✓	✓	Shot Put	x	✓	✓	✓	✓
x	✓	✓	✓	✓	Javelin	x	✓	✓	✓	✓
x	✓	✓	✓	✓	Discus	x	✓	✓	✓	✓
x	x	✓	✓	✓	Hammer	x	x	✓	✓	✓
x	✓	✓	✓	✓	Pole Vault*	x	✓	✓	✓	✓

The QuadKids competition involves a 75 m sprint, 600 m, Long Jump and Vortex Throw.
Masters may only enter sprint hurdle races at the senior distance, spacing and height.
* Anyone entering Pole Vault must have had a previous training session.

For U13s upwards, track events will be run on a graded basis whereby races are seeded by expected times regardless of age or gender. Field events may also be combined depending on the number of entries. Results for each event will be calculated on the basis of age groups.

To enter online see right hand column. To enter by paper, send completed entry form, fee (payable to Radley AC) to:
'Radley AC', 3 Wheatcroft Close, Abingdon, Oxon. OX14 2BE
OR hand to Annalise Dobson at the track on club nights.

U13/U15/U17
Maximum of **3 events**

U20/Senior/Master
Maximum of **5 events**

U13 & U15 athletes may only enter EITHER 800 m or 1500 m

Medals will be awarded to first 3 in age groups up to U17

Entry fee: £8
per athlete independent of the number of events entered

Closing date:
Sunday 16th
September 2018
NO ENTRIES AFTER THIS DATE
WILL BE ACCEPTED AND NO
ENTRIES ON THE DAY

Age groups
U9: at least 8 on the day
U11/13/15/17: age on 31 Aug 2018
U20/Senior: age on 31 Dec 2018
Masters (35+): age on the day

Event enquiries:
entries@radleyathletic.club

Entry Form

please write clearly in the spaces provided

Full Name					Gender	Male / Female
Date of Birth	/	/	Age Group	U9 / U11 / U13 / U15 / U17 / U20 / Senior / Master: (specify)		
Email address					Entered previous Radley events?	Yes / No
Address						

U9 and U11 entries can omit the section below.

*U20, Senior & Master only

Events Entered	1.	2.	3.	4.*	5.*
Expected Performance					

Provide us with your expected performances for TRACK EVENTS ONLY, otherwise leave the last row blank.

Provisional 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	1500 m	U13 upwards	11:00	Long Jump Discus	QuadKids U13 upwards (female)
11:20	70/75/80 m Hurdles	Per age group rules	11:45	Long Jump Pole Vault	U13G-U20W U13 upwards
11:35	100/110 m Hurdles	Per age group rules	12:00	Discus	U13 upwards (male)
11:45	300/400 m	Per age group rules	12:30	Vortex Throw	QuadKids
12:05	75 m	QuadKids	13:00	Javelin Long Jump	U13 upwards (female) U13 upwards (male) + Senior/Master (female)
12:30	Relays	All	13:45	Javelin	U13 upwards (male)
13:00	600 m	QuadKids	14:00	Triple Jump	U15 upwards
13:20	100 m	U13 upwards	14:30	Shot Put	U13 upwards
14:15	800 m	U13 upwards			

**Radley AC reserve the right to alter this timetable prior to the day of competition dependant upon entries.
A finalised timetable will be available on the Radley AC website from 19th September 2018.**

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.

The number of trials in field events will depend on entry numbers.