



# WOKING AC

## OPEN CHAMPIONSHIP



**Sunday 2<sup>nd</sup> September 2018**

THE LAST OPPORTUNITY TO COMPETE AT THE SHEERWATER TRACK  
BEFORE WE MOVE TO OUR NEW HOME

ONLINE ENTRIES ONLY AT [www.wokingac.com](http://www.wokingac.com)

**CLOSING DATE 17<sup>TH</sup> AUGUST 2018**

- ELECTRONIC TIMING AND DISTANCE MEASUREMENT
- PODIUM PRESENTATIONS
- ENTRY £5 PER EVENT
- EXPECTED START 10:00am
- LIMITED SPACES FOR SENIORS AND U20S

<b>U11</b>	<b>Boy/Girl</b>	<b>75m - 600m - Long Jump</b>
<b>U13</b>	<b>Boy/Girl</b>	<b>100m - 200m – (800m or 1500m)</b> <b>Long Jump, Discus, Shot Putt, High Jump, Javelin</b>
<b>U15</b>	<b>Boy/Girl</b>	<b>100m - 200m - 300m - (800m or 1500m)</b> <b>Long Jump, Discus, Shot Putt, High Jump, Javelin, Pole Vault</b>
<b>U17</b>	<b>Women</b>	<b>100m - 200m - 300m - 800m - 1500m</b> <b>Long Jump, Discus, Shot Putt, High Jump, Javelin, Pole Vault</b>
<b>U17</b>	<b>Men</b>	<b>100m - 200m - 400m - 800m - 1500m,</b> <b>Long Jump, Discus, Shot Putt, High Jump, Javelin, Pole Vault</b>
<b>U20</b>	<b>Men/Women</b>	<b>100m - 400m - 800m,</b> <b>Long Jump, Discus, Shot Putt, High Jump, Javelin, Pole Vault</b>
<b>SEN</b>	<b>Men/Women</b>	<b>100m – 400m – Pole Vault</b>

- *Please note there is only One Race Per Gender in the U20 and SENIORS – STRIAGHT FINAL*
- *Starting heights for pole vault = 1.70m (2.00m for U17 and above)*
- *U11's 600 metres and U13's 800 and 1500 metre races will be time trials*