

RUGBY AND NORTHAMPTON AC

End of Season Challenge 2011

To celebrate the end of a very successful track season we are holding a Fun Day incorporating Club Championships on

Sunday 18th September

at Rugby Track

From 11am to 3:30PM

- Under 11 to Under 15 Multi Event Competitions
- Come and try Long Hurdles, Steeplechase, Triple Jump, Throws and 3000m
- Team Medley Relays and Grand Prix (5 runners 800, 400, 200,100,100 to include max 1 under 15 or above – enter a team on the day or in advance!)
- Medals and overall awards presented on the day
- £5 to enter as much as you like!
- Have a go at events you can do next year!

Timetable Guideline

TIME GUIDE	Under 11 Year 4,5	Under 13 Year 6,7	Under 15 Year 8,9	OPEN (Year 10+)
10:30 to 11:00	HIGH JUMP	LONG JUMP	JAVELIN	300M/400M HURDLES
11:00 to 11:30	HIGH JUMP	LONG JUMP	100M	100M
11:30 to 12:00	75M	SHOT	LONG JUMP	3000M
12:00 to 12:30	SHOT/JAVELIN	100M	LONG JUMP	HAMMER
12:30 to 13:00	HURDLES	HURDLES	HIGH JUMP	HURDLES
13:00 to 13:30		JAVELIN	HIGH JUMP	DISCUS
13:30 to 14:00	LONG JUMP	HIGH JUMP	HURDLES	TRIPLE JUMP
14:00 to 14:30	LONG JUMP	HIGH JUMP	SHOT	800M STEEPLECHASE
14:30 to 15:00	600M	800M	800M	
15:00	RELAYS	RELAYS	RELAYS	RELAYS



Entry Form

Name			male	female
School Year		DOB		
Email		Phone Contact		
Coach/Group				

Please circle events you want to do open to your age group

Under 11 (Year 4&5)	Under 13 (Year 6 & 7)	Under 15 (Year 8 & 9)	Open (Year 10+)
High Jump	High Jump	High Jump	300m Hurdles - girls
75m	75m Girls / 100m Boys	75m Girls / 100m Boys	400m Hurdles - boys
Shot	Shot	Shot	800m Steeplechase
Javelin	Javelin	Javelin	3000m (Year 9 also)
Hurdles	Hurdles	Hurdles	Hurdles
Long Jump	Long Jump	Long Jump	Hammer
600m	800m	800m	Discus
			Triple Jump

Please send with cheque payable to Rugby and Northampton AC or cash to

SOPHIE WRIGHT 47 HILLMORTON ROAD, RUGBY, WARCS, CV22 5AB

Please say you can help on the day! We need lots of help!!

What can you do????

Measuring	Results	Timekeeper	Track Judge	Kitchen	Cakes	Equipment
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Name: