

BOURNEMOUTH ATHLETIC CLUB
JOHN RUMBOLD MEMORIAL
SPRING OPEN
SUNDAY 31st MARCH 2019
KINGS PARK, BOURNEMOUTH
BH7 6JD

FIRST EVENT 10AM UNDER UKA RULES

U11B/G QUADKIDS (75m, 600m, LONG JUMP, VORTEX THROW)

U13B 100m, 200m, 800m or 1500m, 75mH, LONG JUMP, HIGH JUMP, SHOT, DISCUS, JAVELIN, HAMMER

U13G 100m, 200m, 800m or 1500m, 70mH, LONG JUMP, HIGH JUMP, SHOT, DISCUS, JAVELIN, HAMMER

U15B 100m, 200m, 300m, 800m or 1500m or 3000m, 80mH, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT, DISCUS, JAVELIN, HAMMER

U15G 100m, 200m, 300m, 800m or 1500m or 3000m, 75mH, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT, DISCUS, JAVELIN, HAMMER

U17M 100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT, DISCUS, JAVELIN, HAMMER

U17W 100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, 300mH, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT, DISCUS, JAVELIN, HAMMER

U20M/SM/VM U20W/SW/VW 100m, 200m, 400m, 800m, 1500m, 3000m, 100mH/110mH, 400mH, LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT, DISCUS, JAVELIN, HAMMER

ENTRY FEES

£3.50 FIRST EVENT £3 EACH SUBSEQUENT EVENT

QUADKIDS £6.50 (all 4 events) YEAR 3 (must be 8 years old), 4, 5

ENTRIES CLOSE 23rd March

NO LATE ENTRIES

U13/U15/U17 3 EVENTS MAX

U20 5 EVENTS MAX

U13/U15/U17 AGE AT 31ST AUG/1ST SEP 2019

LJ/TJ/THROWS 4 TRIALS

800m, 1500m, 3000m, will be graded events 2018 PB's needed

Enter online at WWW.BOURNEMOUTHAC.CO.UK

EMAIL: secretary@bournemouthac.co.uk

Provisional Field Timetable on website. Track order on website

Final Timetable available after closing date.