



Great Yarmouth and District Athletic Club

Warmup meeting

Thursday 5th April 2018

Wellesley Athletics Track, Great Yarmouth

This meeting gives athletes the opportunity to compete and record their individual performance, these will be sent to power 10 and results displayed on our web site gydac.co.uk Athletes to register from 6.15pm, first events start at 7.00pm prompt
Cost £3 per athlete.

Track

7.10pm	Mile	All age except U11 (If U13/15's run cannot do 600m)
7.30pm	60m	U17g/b-U20 g/b-SM-U11/g/b-U15g/b-U13g/b
8.15pm	600m	U11g/b-U13g/b-U15g/b-U17g/b-U20g/b-SL-SM
8.30pm	150m	U13g/b-U15g/b-U17g/b-U20g/b-SL-SM

Field

Long Jump Comp Pit 1 (South End)

7.00pm U11b (If 15 or more 2 jumps only)

7.40-8.30 Approx

U13b-Sen Men (Open pit turn up between those times and take your 3 jumps under officials instructions one practice jump allowed)

Log Jump comp Pit 2 (North End near hammer cage)

7.00pm U11g (If 15 or more 2 jumps only)

7.40-8.30 Approx

U13g-Sen Ladies (Open pit turn up between those times and take your 3 jumps under officials instructions one practice jump allowed)

Shot

Not taking place due to problems with lighting, sorry.