

Braintree & District Athletics Club Funday 30th March 2019

We are holding a fun day on the 30th March, to allow our athletes old and new to compete in a relaxed environment before the main season starts. Why not give some events other than your usual ones a go!

Parents are encouraged to come along and get closer to the action by helping with the running of the event, be it timing some track events, or helping with the many duties in the field. Don't worry, we will give you a briefing on what is required, so you won't be thrown in at the deep end, and you can pick and choose which events you wish to help with.

The provisional timetable is below, the times of the field events may change depending on the number of athletes entering.

Track			Field		
11.15	Hurdles	U13 and above	11:15	Hammer	U15 and above
12.15	600m	U11 Only	12:00	High jump	U13 and above
12.30	800m	U13 and above	13:15	Discus	U13 and above
13.25	100m	U13 and above	14:00	Long jump	All
14.15	80m	U11 Only	15:00	Shot	All
14.30	400m	U17 and above	15:30	Triple jump	U15 and above
14.50	300m	U15 and above	16:00	Javelin	U13 and above
15.15	1500m	U13 and above			
16.05	200m	U13 and above			
16.50	4x100	U13 and above			

- Track events will be run as graded events mixed males and females, slowest races first.

If you would like to compete or would like to try your hand at officiating then please fill in the attached form and either hand it in at the gate, or email mike@mini1400.co.uk with the details.

Braintree & District Athletic Club Funday 30th March 2019 Entry Form

Name:	Wanting to try Officiating?	Track
Age Group :	Volunteers Name:	Field

Event	Tick for entry	Season best last year / Estimated performance	Notes
Hurdles			U13 / U15 / U17 / Senior
80m			U11's ONLY
100m			U13 / U15 / U17 / Senior
200m			U13 / U15 / U17 / Senior
300m			U15 / U17 / Senior
400m			U17 / Senior
600m			U11's ONLY
800m			U13 / U15 / U17 / Senior
1500m			U13 / U15 / U17 / Senior
Relay			U13 / U15 / U17 / Senior
Hammer			U15 / U17 / Senior
Shot Put			U11 / U13 / U15 / U17 / Senior
Discus			U13 / U15 / U17 / Senior
Javelin			U13 / U15 / U17 / Senior
Long Jump			U11 / U13 / U15 / U17 / Senior
Triple Jump			U15 / U17 / Senior
High Jump			U13 / U15 / U17 / Senior

U11 : max 3 events, U13 / U15 / U17 : max 3+Relay, U20 : max 5, Sen unlimited
U13s and U15s can only enter 800m OR 1500m, not both

Please return this form to the gate, or email mike@mini1400.co.uk with the details.