City of Plymouth Athletic Club

SPRING WARM UP MEETING - Sunday 2nd April 2023

1st Event: 11.00am at the Brickfields Arena

(held under UKA rules)

U8 (Panthers)
4 event QuadKids competition – 50m, Long Jump, Vortex and 400m

U11 Girls & Boys
75m, 70m Hurdles (55cm height), 150m, 600m, Long Jump, Vortex

U13 Girls & Boys
100m, 150m, 600m, 1500m, Sprint Hurdles, Long Jump, High Jump, Discus, Shot, Javelin
(Please note U13's cannot do both 600m and 1500m on the same day)

U15 Girls
100m, 200m, 300m, 800m, 1500m, 3000m, 75mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*, 1500m Steeplechase*
(Please note U15's cannot do both 800m and 1500m/3000m/SC on the same day)

U15 Boys
100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*, 1500m Steeplechase*
(Please note U15's cannot do both 800m and 1500m/3000m/SC on the same day)

U17 Women
100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, 300mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*, 1500m Steeplechase*

U17 Men
100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*, 1500m Steeplechase*

U20& Senior Women
100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*, 1500m Steeplechase*

U20 & Senior Men
100m, 200m, 400m, 800m, 1500m, 3000m, 110mH, 400mH, 2000m S/C, Long Jump, Triple Jump, High Jump, Shot, Javelin, Discus, Hammer, Pole Vault*

Wheelchair and Ambulant athletes welcome
Relays can be mixed and entered on the day (no extra charge)
* Pole Vault & Steeplechase subject to prior notification and sufficient entries

Ages as at 31st August 2023
U11 - U17 Girls & Boys - Maximum of 3 Events
U20 & Senior Women & Men - Maximum of 5 Events

Entry Fee **£10.00** per Athlete (**Panthers £5.00**) payable in advance
Numbers will be issued on the day. Limited on the day entries at a £1 surcharge

Clubs please provide officials

MAXIMUM SPIKE LENGTH 6mm