



SPENBOROUGH & DISTRICT ATHLETIC CLUB

The Spring Open Meeting

Sunday 7th April 2024

At the Princess Mary Athletic Stadium, Bradford Road, Cleckheaton, WF15 6LW



Hammer and Pole Vault start 10am, other Field events 10.30am

Track Events start 11.30am

Under 11 Girls	75m,	150m,	600m,	Long Jump,	Shot	
Under 11 Boys	75m,	150m,	600m,	Long Jump,	Shot	
Under 13 Girls	75m,	150m,	600m,	Long Jump, High Jump,	Shot	
Under 13 Boys	100m,	200m,	800m,	Long Jump, High Jump,	Shot	
Under 15 Girls	100m,	200m,	800m,	Long Jump, High Jump, Javelin, Shot		Pole Vault
Under 15 Boys	100m,	200m,	800m,	Long Jump, High Jump, Javelin, Shot		Pole Vault
Under 17 Women	100m,	200m,	800m,	Long Jump,	Javelin, Shot, Hammer, Pole Vault	
Under 17 Men	100m,	200m,	800m,	Long Jump,	Javelin, Shot, Hammer, Pole Vault	
Junior Women	100m,	200m,	400m,	800m,	Long Jump,	Javelin, Shot, Hammer, Pole Vault
Senior Women	100m,	200m,	400m,	800m,	Long Jump,	Javelin, Shot, Hammer, Pole Vault
Junior Men	100m,	200m,	400m,	800m,	Long Jump,	Javelin, Shot, Hammer, Pole Vault
Senior Men	100m,	200m,	400m,	800m,	Long Jump,	Javelin, Shot, Hammer, Pole Vault

Medals for first three competitors in each event

Field Events – All competitors get 4 trials

Track Events – All races/medals are decided on times – no heats or finals

The organisers reserve the right to amend the programme without notice

Masters/Veterans are invited to throw their age-appropriate implement weight in field trials

UKA rules incorporating IAAF rules apply

Online & Postal Entries - £6.00 first event, £5.00 per additional event

Cheques made payable to 'Spenborough & District AC'

There are strictly NO entries on the day

Numbers to be collected on the day

Closing date for entries 22nd March 2023

(Max. 3 events U17 and below. Max. 5 events U20 and above. Competitors must turn 9 by 31st August 2024.)

Any queries contact: www.spenac.co.uk

Please park responsibly.

Postal Entries to: Meeting Secretary, 57 Summerbridge Crescent, Gomersal, Cleckheaton, BD19 4LW

PLEASE COMPLETE IN BLOCK CAPITALS

Name: Male/Female (please circle)

Email: Tel No:

Club: UK Athletics URN (if known):

Date of Birth: Age Group:

Events you wish to enter:

All entrants shall be deemed to have made him/herself familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK.