

Macclesfield Open meetings - SK10 4 AF

Wed. 28th. April 6.00- 8.30pm Throws/Sprint H/ Middle distance.

6.00pm Turbo javelin (u/11s) Discus
6.45 Javelin Shot
7.30 Hammer (u/15s – seniors)

6.00pm 400m
6.30pm 1200m (u/13s) then 1500m
6.45pm Hurdles 70/ 75/ 80/ 100/ 110m
7.30pm 600m (u/11s)
7.45pm 800m.

Note UKA rules apply 5mm spikes for track events

u/11's and u/13's can only run 1200 **OR** 600m not both

Order of competing - females before males, youngest first.

Cost £2 per event £5 for three or more events

Wed 5th May 6.00- 8.30pm Jumps /Sprints/ 400 or 300m Hurdles

6.00pm Pole Vault u/11s Long Jump (max. 15m run up)
6.45pm Long Jump High Jump (u/13's up, max. 7 attempts)
7.45pm Triple Jump (u/15s - seniors)

6.00pm 100m.
6.30pm 75m (u/11s)
7.00pm 300m (u/17 ladies)
7.15pm 150m (u/11s)
7.30pm 200m
8.00pm 400Hurdles – 300m H.

Note UKA rules apply. 5mm spikes for track events.

Order of competing - females before males, youngest first.

Cost £2 per event £5 for three or more events.

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For more information contact Bob Lynch 01625 829229 or e mail

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