

West Cheshire Athletic Club

25th Anniversary

Track and Field Meetings

Saturday 18th March 2023, and Sunday 26th March 2023

at Ellesmere Port Sports Village Athletics Track,

Stanney Lane, Ellesmere Port. Track & Field event licence: OUT 23/079.

Saturday 18th March 2023 (10am Start)

U11 Girls - 75m / 150m / Long Jump

U11 Boys - 75m / 150m / Long Jump

U13 Girls - 70mH / 75m / 150m / Long Jump / High Jump

U13 Boys - 75mH / 75m / 150m / Long Jump / High Jump

U15 Girls - 75mH / 100m / 200m / Long Jump / High Jump

U15 Boys - 80mH / 100m / 200m / Long Jump / High Jump

U17 Women - 80mH / 100m / 200m / 300m / 300mH / Long Jump / High Jump

U17 Men - 100mH / 100m / 200m / 400m / 400mH / Long Jump / High Jump

U20 Women – 100mH / 100m / 200m / 400m / 400mH / Long Jump / High Jump

U20 Men – 110mH / 100m / 200m / 400m / 400mH / Long Jump / High Jump

Senior Women - 100mH / 100m / 200m / 400m / 400mH / Long Jump / High Jump

Senior Men - 110mH / 100m / 200m / 400m / 400mH / Long Jump / High Jump

Sunday 26th March 2023 (10am Start)

U11 Girls - 600m / Turbo Javelin

U11 Boys - 600m / Turbo Javelin

U13 Girls - 800m / 1200m / Shot / Discus / Javelin

U13 Boys - 800m / 1200m / Shot / Discus / Javelin

U15 Girls - 800m / 1500m / Shot / Discus / Hammer / Javelin

U15 Boys - 800m / 1500m / Shot / Discus / Hammer / Javelin

U17 Women - 800m / 1500m / Shot / Discus / Hammer / Javelin

U17 Men - 800m / 1500m / Shot / Discus / Hammer / Javelin

U20 Women - 800m / Mile / Shot / Discus / Hammer / Javelin

U20 Men - 800m / Mile / Shot / Discus / Hammer / Javelin

Senior Women - 800m / Mile / Shot / Discus / Hammer / Javelin

Senior Men - 800m / Mile / Shot / Discus / Hammer / Javelin

Competition Rules

i) Under UKA rules; ii) Athletes must compete in their own age group, athlete's age at midnight 31st August 2023; iii) Minimum age is 8.5 years old on the day; iv) U13s & U15s can do a maximum of three events on each day. v) Three attempts in all field events. vi) U13s & U15s may not do both the 800m and 1200m/1500m. vii) Medals will be awarded to the first three in all events. viii) Only officials, stewards and competing athletes are allowed on the inside of the track. ix) Please wear your club vest; it greatly assists the results team. x) All performances will be posted to the Power of Ten unless a written request not to do so is received. xi) Photography is permitted from the spectator areas.

ENTRIES: £5 per event and £11 for 3 events (payable online). Closing date 12th March 2023 (Number to be collected on the day). On the day £5 per event, subject to availability.

Athlete Name: _____ **Club/School:** _____

Age Group (Girls/Boys): _____ **Date of Birth:** _____

Event (1): _____ **Event (2):** _____ **Event (3):** _____

Signature: _____

(Parent or Guardian if under 16)

ONLINE ENTRIES LINK: <https://wcac.niftyentries.com/Track-Field-Open-Meetings-2023>