

LASSWADE ATHLETIC CLUB

Club Championships Meadowbank 26 - 09 - 10
Track Events Field Events

10:00 Sprint Hurdles	10:00 Discus All Ages
10:15 100m	10:00 Long Jump U15/17 M&F
11:15 1500m	10:30 Shot Putt U11 M&F
300m	10:45 Long Jump U13 M&F
400m	11:15 Shot Putt U15/17 M&F
13:00 200m	11:30 Long Jump U11 M&F
14:00 800m	13:00 Shot Putt U13 M&F
3000m	13:00 High Jump All Ages
Medley Relay	14:00 Javelin All Ages
400x200x200x800	

All Track events will run U/11's upwards to Seniors/Masters and will be decided on times

All Field events, apart from High Jump, will be decided with 3 attempts

Entries for Medley Relay, cost £1, taken on the day

Timetable is provisional.

Please listen out for announcements

Lasswade AC would like to thank everyone who has contributed to the running of their 2010 Club Championships be they invited officials, club officials, coaches, parents or friends

Thank You All

Dave McConnell (for the organising committee)