

# HAVERING MAYESBROOK ATHLETIC CLUB

## PRESENTS A SPRING WARM UP MEETING

**on Sunday 13<sup>th</sup> March 2005**

**at HORNCHURCH STADIUM, BRIDGE AVENUE, UPMINSTER, ESSEX**  
(Under BAF Rules – except Under 11s)

1200m	11.00 a.m.	U13 Girls, U15Girls; U13 Boys, U15 Boys
	11.15 a.m. *	U17, Junior & Senior Women; U17, Junior & Senior Men,
80m	11.30 a.m. *	U11 Girls, U13 Girls, U15 Girls; U11 Boys, U13 Boys, U15 Boys
	11.50 noon*	U17, Junior & Senior Women; U17, Junior & Senior Men,
300m	12.15 a.m. *	U15 Girls, U15 Boys, U17 Women, U17 Men
	12.30 p.m. *	Junior & Senior Women; Junior & Senior Men,
600m	12.45 p.m. *	U11 Girls, U13 Girls, U15 Girls; U11 Boys, U13 Boys, U15 Boys
	1.00 p.m. *	U17, Junior & Senior Women; U17, Junior & Senior Men,
150m	1.15 p.m. *	U11 Girls, U13 Girls, U15 Girls; U11 Boys, U13 Boys, U15 Boys
	1.30 p.m. *	U17, Junior & Senior Women; U17, Junior & Senior Men,

### **PLEASE NOTE:**

1. \* Times are approximate depending on number of entries.
2. Under 11s, Under 13s and Under 15s may only compete in **either** 600m **or** 1200m, **but not both**.
3. Under 11s: **School Year 5 only** - born between 1 September 1994 and 31 August 1995 aged 9 or 10.
4. **ENTRIES ON THE DAY ONLY:** £3.00 first event, £2.00 subsequent events.

**ENQUIRIES TO MARK BISHOP 01268-565161**