York Event, Sunday 14 April 11am to about 4pm

Pre-season event. License, Po10, photo finish. No medals.

York University Track, YO 10 5NA – stand, refreshments, grass for sitting, No Dogs in track.

Entry link (soon) and all information updated on <https://cityofyorkathleticsclubmeets.com>

Entries by end of Wednesday 10 April and earlier if possible. Enquiries to coyacevent@hotmail.co.uk

Ages on 31 Aug 2024, so Under 13 = usually School Year 6 and 7. Under 15 = usually School Year 8 and 9

Cost – £7 for 1 event, £12 for 2 or £15 for 3 events. Payment link on website.

Event order and some idea of timetable on website soon. Final timetable when entries close.

Events available, maximum 3 events.

Under 11 – 75m, 150m, 600m. Please do not enter U13 long jump. If space for U11 long jump we will add.

Under 13 – hurdles, 75m, 150m, 1200m, high jump, long jump, javelin, shot

Under 15 - hurdles, 100m, 300m, 1500m, high jump, long jump, javelin, shot

Under 17 / Senior – 80 hurdles, 100 hurdles, 300/400 hurdles, 100, 200, 300/400,1500m

 high jump, long jump, shot, javelin, triple jump, 1500 female chase

Disability – 100m, Long Jump, Shot, turbo javelin. York athletes enter and pay Joanne.

300 /400 hurdles will be first, then 1500m. U13 1200 at the end. At least 1 hour between long & sprint hurdles

Under 15, no 200m. Encourage sprinters to try a 300m.

Hope to allow 100, 200, 300/400 combinations in that order with 1 hour gaps.

4 x 100 at end, for Under 13 and older. Free. Enter at race start. Composite club or mixed age teams are fine.

Good practice for Club Teams in League relays.

Entry limited to first 200 athletes. Field events will close when full. If still open on website they are fine.

We need helpers to officiate and do results, admin and setting up / equipment jobs, and refreshments.

Please contact Dave Paver coyacevent@hotmail.co.uk to offer.

It is an ideal meeting for new officials or those new to helping to get started and work with experienced officials in

a relatively quiet meeting.

Other events at York. Entries on [www.race-results.co.uk](http://www.race-results.co.uk)

Wed 1 May - Evening Event, mainly Under 17 and older. Distance races, hammer, discus, shot

Mon 6 May, Bank Holiday. Pentathlons, single track events.

Wed 5 June – Evening Event, mainly Under 17 and older. Sprints and throws

Thurs 4 July – Evening Event – mainlyUnder 17 and older. Hurdles, Jumps

Sunday 4 August – York event,, no medals. Entries on <https://cityofyorkathleticsclubmeets.com>

Sunday 8 Sept – York Opem.

County Championships 11 & 12 May. Yorkshire on [www.race-results.co.uk](http://www.race-results.co.uk) Humber on www.rosterathletics.com

All entrants shall be deemed to have made him/herself/themselves 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