

Gloucester Athletic Club presents...

The 3:7:10 Series

The first of a planned series of cut-down Athletics Competitions lasting no more than 3 hours for junior athletes between the ages of 7 and 10 inclusive.

On Saturday 15th June 2013

At

Blackbridge Jubilee Athletics Track

All athletes will take part in one run, one jump and one throw over shorter than standard distances and using non standard implements, i.e. a 500g shot and a 'turbo' javelin. Long jumps will be measured from the point of take off as for blind athletes and the high jump will have a 'step up'. Athletes will compete in 4 age groups according to their age on the day – ages 7, 8, 9 and 10. UKA rules will be applied lightly with the emphasis on learning the skills, attitudes and discipline of competition rather than testing for its own sake, although there will be 'winners' and 'losers' and results will be published.

Officials will help and guide athletes in their events and where possible judging decisions will be made that favour and encourage the athlete. Parents will be allowed in the competition area, where there is adequate space, but they should be advised that this is not usual and in formal competitions is not allowed. Club vests, if applicable, must be worn and athletes advised that they must bring x 8 safety pins.

Programme:

- 2.00 Arrive, register and take part in collective warm up.
- 2.30 60m all age groups
- 3.00 Age 7s and 8s Choice of High Jump or Long Jump
Age 9s and 10s Choice of Shot or Javelin
- 3.45 600m all age groups
- 4.15 Age 7s and 8s Choice of Shot or Javelin
Age 9s and 10s Choice of High Jump or Long Jump
- 5.00 Warm down and disperse

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The charge is £3 in advance or £4 on the day. Please make cheques payable to Gloucester Athletic Club. Please return forms to:- **Bob Purcell, 13 Ardmore Close, Tuffley, Gloucester GL4 0BJ**

Name of Athlete:

Age on day of Competition:

Club (if affiliated)

Chosen events (please circle only 3 to include one run, one jump and one throw)

60m 600m Long Jump High Jump Shot Putt Javelin throw

Please give contact email for receipt of payment to be acknowledged:-

See track website www.gatmltd.org.uk for directions and description of facilities.