

# **Gloucester Athletic Club**

**Presents an Open Graded Competition at**

**Blackbridge Jubilee Athletics Track, Podsmead Road, Gloucester, GL2 5AB  
On Tuesday 3<sup>rd</sup> September 2024**

**(HELD UNDER UKA RULES)**

**Events and approximate timetable (Times WILL be subject to change, dependent upon entry numbers):**

## **TRACK**

<b>Time</b>	<b>Event</b>
6pm	75m (U11s only)
6.15pm	600m (U11 upwards)
7pm	150m (U11 upwards)
7.45pm	Mile* (U13 upwards)
8.15pm	3000m (U15 upwards)

All track events are open to Para-athletes.

\*Includes the Ron Freeman Memorial Trophies for fastest male and female athletes from Gloucester AC

## **FIELD**

<b>Time</b>	<b>Event</b>
6.15pm	High Jump
6.15pm	Javelin

(Athletes will have six trials in Javelin– Maximum 15 athletes per event)

Under UKA rules athletes in some age categories are not allowed to combine certain events on the same day. If in doubt, check with your coach/club.

**Races will be run on a graded basis so it is essential that personal best or expected performances are given on the entry form. We will try to provide pacemakers for all Mile and 3000m races but this cannot be guaranteed.**

Entries via dedicated page on Gloucester AC website

[www.gloucesterac.co.uk](http://www.gloucesterac.co.uk)

Enquiries to [gloucesteracopen@outlook.com](mailto:gloucesteracopen@outlook.com)

Entry fee is £6.00 per event + £5 for each subsequent event, plus an approximate 80p booking fee which is taken by the entry website.

**Closing date is midnight on Friday 30<sup>th</sup> August. Start lists and final timetable will be published on the club website after this time. Please do check when your specific race is taking place, as the organiser WILL NOT be responsible if YOU haven't read the instructions properly and miss your race.**

**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.**