

JOHN GREGORY SPRING OPEN

TRACK & FIELD MEETING

At Ashdown Leisure Centre Track, Canford Heath, Poole, Dorset, BH17 8PY
on Saturday 5th April 2025 (**Licence No.: OUT 25/104**)

(A Sapphire League Meeting)

Kindly Supported by 'Running Free – Parkstone

UKA Rules apply to all athletes, except Under 11s where Quadkids rules apply.

Under-13, Under-15 and Under 17 age groups can only take part in 3 events.

Field Events will allow 4 attempts, except 3 for Under 11s Quadkids.

TRACK		FIELD	
11.30am	Under 13 Boys 1200m Under 13 Girls 1200m	11.30am	U11 Boys Howler U15 Girls & Boys Long Jump Seated Javelin & Club Throw (ALL)
11.37am	U15 Boys & Girls & U17/20 Wmn 1500m U17/U20M & Sen Men & Wmn 1500m	11.45am	U17-Sen Male & Female Shot
11.55am	Wheelchair/Frame & Ambulant 100m Under 13 Girls & Boys 100m Under 15 Girls & Boys 100m	12.15pm	U11 Girls Howler
12.40pm	Senior Women & Men 100m Under 17/20 Men & Women 100m Under 11 Boys & Girls 75m	12-30pm	U13 Girls & Boys Long Jump U13 & U15 Boys & Girls Javelin
1.40pm	Under 13 Girls & Boys 800m	1.30pm	U17/U20/Sen Male & Female Javelin U17/U20/Sen Male & Female High Jump
2.00pm	Under 15 Girls & Boys 800m Under 17 Women & Men 800m Under 20/Sen Men & Women 800m	1.40pm	U11 Boys Long Jump
2.25pm	Frame Runner 200m Wheelchair Racer 200m Under 17/20 & Sen Women 200m Under 17/20 & Sen Men 200m	2.30pm	U13-Sen Male & Female Hammer U13 & U15 Boys & Girls Shot
2.45pm	Under 13 Boys and Girls 200m Under 15 Girls & Boys 200m	2.40pm	U11 Girls Long Jump
3.20pm	Under 15 Girls & 17 Women 300m	3.30pm	U13/U15 Girls and Boys High Jump U13-Senior Male & Female Discus U17/U20/Sen Male & Female Long Jump
3.35pm	Under 15 Boys 300m Under 11 Boys and Girls 600m		
3.55pm	Ambulant Runner 60m Wheelchair Racer 400m Frame Runner 400m		
4.00pm	Under 17 Men & U20 + Sen Men & Sen Women 400m		
4.10pm	3000m Graded Races U15s, U17s, U20s, Seniors, Masters Wheelchair 3000m		

Cost of entry will be £10.00 per athlete, (Quadkids £12.00) entries close 30th March 2025 or when entry limit reached. Please note, we are unable to refund entries. Limit to Quadkids Entries of 24 Girls & 24 Boys.

Entries will be via <https://data.opentrack.run/en-gb/x/2025/GBR/pooleopen/>

Age groups based on UKA qualification criteria. All Numbers distributed on the day.

We hope that some refreshments will be available to buy at the Track HQ.

Quadkids scoring tables will be used for those Under 11s taking part in their 4 designated events.

Minimum age 8 years on the date of competition.

An entrant shall be deemed to have made himself/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 entering the event, whether or not the participant is a citizen of, or resident in, the UK.

For more information about Poole Athletic Club Please visit our website or contact the club via <http://pooleac.co.uk/contact-us/>