



CORBY ATHLETIC CLUB **Club Championships 2010**

Starting on Tuesday 24th August the club will be hosting its annual championships. We are looking to get as many members competing as possible and encouraging all members to try something they may not have tried in the past.

Anybody can enter the championships and guests are most welcome but only club members will receive awards. These awards will be presented at the autumn awards evening which will take place in October, details to follow soon.

Entry this year is £3.00 per number, which will cover as many events as the entrant wishes to participate in. Please make sure you purchase your number as early as possible because we will not guarantee that they will be available on the night of the competition as this causes administrative problems.

To race in a track event make sure you report 15 minutes before the start time no pre entry is required.

If you wish to take part in a field event/sprint hurdles then you must pre enter before the night of the competition by writing your name on the relevant sheet pinned up in the clubroom, entries will not be accepted on the night.

A timetable is printed on the reverse of this sheet. This timetable is only approximate it is totally dependent on the volunteer help of officials, coaches & parents. If enough volunteers are not forthcoming then events will have to be delayed, postponed or cancelled, please offer your services or find somebody to help wherever possible. Similarly if anybody wants to organise an event that is not in the planned timetable please see Charlie ASAP so that it can be accommodated.

Full results will be posted on our website as soon as they have been processed.

Best of luck to all!



Club Championships 2010

Timetable

Tuesday 24th August

6.30	High Jump	Female
6.30	Javelin	Male
7.30	100m	Female & Male
8.30	1500m	Female & Male

Thursday 26th August

6.30	High Jump	Male
6.30	Javelin	Female
7.30	200m	Female & Male
8.30	600m	Female & Male

Tuesday 31st August

6.30	Long Jump	Female
6.30	Shot	Male
7.00	Discus	Male
7.30	300m	Female & Male
8.00	Sprint Hurdles	Female & Male
8.30	800m	Female & Male

Thursday 2nd September

6.30	Long Jump	Male
6.30	Shot	Female
7.00	Discus	Female
7.30	75m	Female & Male
8.00	400m	Female & Male
8.30	2000m S/C	Female & Male (Over 17)

Tuesday 7th September

7.30	150m	Female & Male
8.30	3000m	Female & Male

All times are approximate and if events are running late the subsequent events will be delayed.

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The club championships will take priority on these 5 evenings anybody wishing to train at the facility during this time will only be permitted to do so when no event is taking place. e.g. on the track before 7.30pm and on the field after 7.30pm.