

Newquay & Par Athletics Club

Minikids Track and Field Competition

This will be an informal competition not governed by UKA rules. It will be linked to training and will prepare children for competition.

The format will be two track events, one jump (3 trials) and one throw (3 trials) and will be open to any athlete in the below age groups:

Under 11s: School years 4 & 5

Under 13s: School years 6 & 7

No athletes under year 4 will be allowed to compete.

Prices will be £2 per athlete and this will allow athletes to compete in **up to three events each week**.

Dates and events:

	2 nd July	16 th July	30 th July	13 th August	27 th August	10 th September
5.15pm	75m	150m	Sprint Hdls	Sprint Hdls	150m	75m
5.30pm	Shot	Javelin	Discus	Shot	Javelin	Discus
6.00pm	LJ	HJ	LJ	HJ	LJ	HJ
6.15pm	600m	1200m	300m	1200m	600m	300m

There will be a final week on **Monday 17th September** which will only be open to those who have already competed and will be a fuller timetable:

5.15pm	Sprint Hdls
5.30pm	Shot
5.40pm	75m
6.00pm	1200m
6.00pm	Javelin
6.00pm	HJ
6.15pm	150m
6.30pm	Discus
6.30pm	LJ
6.45pm	600m

Certificates will be awarded to all that competed, and medals will be awarded to the top boy and girl in each event.

Sprint Hdls	U13B: 75m (76.2)	U13G, U11G, U11B: 70m (68.5)	
Shot	U13B: 3.25KG	U13G: 2.72KG	U11G, U11B: 2KG
Javelin	U13B, U13G, U11B, U11G: 400G		
Discus	U13B: 1.00KG	U13G, U11B, U11G: 0.75KG	

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