



- City of Sheffield and Dearne Athletics Club has a long and successful history of athletics in Sheffield.
- We provide coaching, and competition in all track and field events as well as cross country and road running.
- For enquiries about coaching and membership, email kealy@sheffieldsathletics.co.uk

Run Jump Throw

Open competitions

Sheffield Hallam University Athletics Track, S9 3HL

27th June 2019

10th July 2019

15th August 2019

TRACK

18:15: 800m U11/U13
 18:30: 3000m
 18:45: 400m hurdles/300m hurdles U17+
 18:50: U11/U13
 19:10: 100m
 19:30: 800m BMC
 Open 800m will follow
 20:15: 200m
 20:50: 1500m BMC
 Open 1500m will follow

FIELD

17:30: PV under 3m
 18:15: LJ under 4.30m
 18:30: SP under 8m
 19:00: JT
 19:15: PV over 3m
 19:30: LJ over 4.30m
 19:30: SP over 8m
 20:00: DT

TRACK

18:00: Race walk 1km
 18:00: 3km U17 +
 18:25: 800m U11/U13
 18:40: Sprint hurdles
 18:45: 100m U11/U13
 19:10: 100m
 19:30: 1500m BMC
 Open 1500m to follow
 20:10: 400m
 20:40: 800m BMC
 Open 800m to follow

FIELD

17:30: PV under 3m
 18:15: HJ under 1.40m
 18:30: JT
 19:15: PV over 3m
 19:30: HJ over 1.40m
 19:30: TJ
 19:30: JT
 20:00: DT

TRACK

18:30: 3000m
 18:50: 400m and 400m hurdles
 19:00: 100m
 19:30: 800m BMC
 Open 800m will follow
 20:15: 200m
 20:45: 1 Mile BMC

FIELD

17:30: PV under 3m
 18:15: LJ under 4.30m
 18:30: HT
 18:30: SP +8m
 19:15: PV over 3m
 19:30: TJ/LJ over 4.30m
 19:30: DT

Online entry: £6 entry, £3 per additional event <https://www.race-results.co.uk/results/2019/>

On the day entry: £9 entry, £4 per additional event

Cheques payable to City of Sheffield and Dearne AC

Age groups: Track & Field age groups as at 31 August 2019.

Enquiries: 07703185159 runjumthrowseriesheffac@gmail.com