



A Registered Community Amateur Sports Club 00227

Woodford Green A.C. with Essex Ladies

Est. 1908 Situated in Essex, England. President Brenda Wilmot



Open Graded Meetings for 2013

Ashton Playing Fields, Chigwell Road, Woodford Bridge. IG8 8AA

Electronic Timing at ALL Meetings - Canteen & Bar Open

Saturday 20th April

Time	Track Events	Time	Track Events	Time	Field Events	Time	Field Events
12.30	300mH / 400mH	15.15	200m	12.00	Hammer	12.30	Pole Vault
13.00	2000m S/Chase	16.00	3000m	13.45	Discus	13.15	Long Jump
13.15	100m	16.25	300m /400m	15.15	Javelin	15.00	High Jump
14.00	800m	16.50	1500m	16.15	Shot Put	16.15	Triple Jump
14.30	Sprint Hurdles	(all heights)					

Tuesday Evening Meetings

June 4th

July 2nd

Time	Events		Time	Events	
6.45	100m	Hammer / P-Vault	6.45	100m	Javelin
7.20	800m		7.20	1500m	
7.40	200m	High Jump	7.40	400m	Discus
8.10	3000m		8.10	3000m	
8.30	3km Walk		8.30	3km Walk	

July 30th

Aug 27th

Time	Events		Time	Events	
6.45	100m	Hammer	6.45	100m	Shot Put
7.20	800m		7.20	1500m	
7.40	200m	Long Jump	7.40	400m	Triple Jump
8.10	3000m		8.10	3000m	
8.30	3km Walk		8.30	3km Walk	

Entries on the day £3 per event - £2.00 under 17's

Entry to throws closes 30 minutes prior to event start – 20 minutes for all other events

For Field events the volume of competitors will decide attempts - with a minimum of 3

Please Note age limits and see website for information updates – www.wgel.org.uk