Woodford Green A.C with Essex Ladies

A Registered Community Amateur Sports Club 00227

Est. 1908 Situated in Essex, England. President Mr Cowsi Magol

Under UKA Rules

Open Graded Meeting

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

Tuesday 25th August 2020

Track Events

Event start	* *Track Events*	*Latest Registration*
6.45 pm	100m	6.15 pm
7.20 pm	1 Mile	6.50 pm
7.40 pm	400m #	7.10 pm
8.10 pm	3000m #	7.40 pm
8.30 pm	3km Walk	8.00 pm

Field Events

Event start	** *Field Events*	*Latest Registration*
6.45pm	Shot Put	6.00pm
7.40 pm	Triple Jump #	6.55 pm

All Events are Mixed Gender - minimum age 11

Events marked # EXCLUDE U13's (School Year 6 & 7)

Entry is ONLY on the day

Over 17's £5 for one event - extra events £4 per event

Under 17's £4 for one event - extra events £3 per event

**** Field Event Registration Closes 45 minutes prior to event start**

*** Track Event Registration Closes 30 minutes prior to event start**

Please Don't Be Late !!

**** The volume of competitors will decide attempts in Field events - minimum of 3**

Please Check the website for Meeting Ammendments - Cancellations - Results and Information Updates

www.wgel.org.uk

Electronic Timing / Car Park / Refreshments Available

*** Woodford Green A.C. with Essex Ladies is not responsible for any loss,damage, accident or injury.