



CORBY AC OPEN MEETINGS SPRING-SUMMER 2017 - Under UKA rules

Events will not start before time shown but may run late

<u>Tuesday March 28th</u> 7.00 1000m 7.10 150m 7.30 600m 7.45 300m 8.00 2000m	<u>Tuesday April 25th</u> 7.00 1000m 7.10 75m (u11)/ 100m 7.30 600m 7.45 150m (u11) / 200m 8.00 2000m
<u>Tuesday May 23rd</u> 7.00 300m/400m (u15+) 7.10 75m (u11)/ 100m 7.30 1500m 7.50 150m (u11) / 200m	<u>Tuesday June 20th</u> 7.00 300m /400m (u15 +) 7.15 75m (u11)/ 100m 7.40 800m
<u>Tuesday July 25th</u> 7.00 75m (u11)/100m 7.20 3k (inc Northants Champs m/f for u15 & up) 7.50 150m (u11)/200m	<u>Tuesday August 22nd</u> 7.00 75m(u11)/100m 7.25 1 MILE 7.50 150m(u11)/ 200m

To help in your warm up, please listen for any announcements concerning the number of races scheduled for each event and which athletes are in each race.

(Allow 4-6 minutes per race: adjust for longer middle distance races)

All entries on the day: £3.00 for first event- £2.00 for a second event – free 3rd event

County 3k entries £5:

ENTRIES CLOSE 30 MINUTES BEFORE EVENT IS DUE TO START

Register & collect numbers from clubhouse under the grandstand

Please arrive early to prevent disappointment