York Event, Easter Monday 21 April 11am to about 4pm

Early season event. Po10, photo finish. No medals.

York University Track, YO 10 5NA – stand, refreshments, grass for sitting, No Dogs in track.

Entry link and all information www.race-results.co.uk

Entries by end of Tuesday 15 April and earlier if possible. Enquiries to info@cityofyorkac.com

Ages on 31 Aug 2025, so Under 13 = usually School Year 6 and 7. Under 15 = usually School Year 8 and 9

Cost – £10 for 1 event, £15 for 2 events, £20 for 3 events.

Event order and approximate timetable below . Final timetable when entries close.

Events available, maximum 3 events.

Under 11 – 75m, 150m, 600m. Please do not enter U13 long jump. If space for U11 long jump we will add.

Under 13 – hurdles, 75m, 150m, 1200m, high jump, long jump, javelin, shot

Under 15 - hurdles, 100m, 200m, 300m, 1500m, high jump, long jump, javelin, shot, hammer, pole vault

Under 17 / Senior – sprint hurdles, 300/400 hurdles, 100, 200, 300/400, 1500m female, Mile Male

 high jump, long jump, shot, javelin, triple jump, hammer, pole vault

Disability – 100m, Long Jump, Shot, turbo javelin.

4 x 100 at the end, for Under 13 and older. Free. Enter at race start. Composite club or mixed age teams are fine.

Good practice for Club Teams in League relays.

Field events will close when full. If still open on website they are fine.

We need all officials, and admin help. Officials contact coyacevent@hotmail.co.uk

This is an ideal meeting for new and potential officials to get started and work with experienced officials.

Other events at York. Entries on [www.race-results.co.uk](http://www.race-results.co.uk)

Mon 5 May, Bank Holiday. Pentathlons / Quadrathlon, single track events.

Thursday 22 May – Evening Event.

Sunday 31 August – York Open

County Championships 10 & 11 May. Yorkshire on [www.race-results.co.uk](http://www.race-results.co.uk)

Humber and North East on www.rosterathletics.com

All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Track start time  | Event  |  | Field Report Time  | Event  |
| 11.00  | 400m Hurdles  |  | 10.45  | Pole Vault  |
|   | 300m Hurdles  |  | 11.00  | U15 G Long Jump doing 100m  |
| 11.15  | U15 1500m  |  |   | U13 B Long Jump  |
| 11.30  | Disability 100m  |  | 11.25  | U15 G Long Jump (not doing 100m)  |
| 11.35  | 75m races U11/U13  |  | 11.30  | High Jump A  |
| 11.45  | 100m races U15 and older |  | 11.50  | Hammer  |
| 12.25  | Sprint hurdles, U13 G first |  | 12.20  | Disability Long jump  |
|   |  |  | 12.30  | U15 B Long Jump  |
|   |  |  | 12.45  | Javelin A (non-hurdlers)  |
|   |  |  | 12.45  | High Jump B  |
|   |  |  | 1.10  | U13 G Long Jump  |
| 1.00  | Tiny Tots 60m just turn up |  | 1.15  | Disability Shot  |
| 1.30  | 150m races U11 / U13 |  | 1.15  | U17 M & W Long Jump  |
| 1.50  | 200m races U15 and older |  | 1.40  | Javelin B (hurdlers)  |
| 2.15  | Women’s 1500m U17 & SenPaced Event  |  | 1.55  | Senior Men & Women Long Jump  |
| 2.25  | The Heslington Mile U17 & Sen MenPaced Event Prize Money  |  | 2.00  | High Jump C  |
| 2.45  | U11 600m races  |  | 2.00  | Disability Turbo Javelin  |
| 2.55  | U13 1200m races  |  | 2.15  | Shot A  |
| 3.05  | 300m races U15 and older |  |   | Shot B  |
| 3.15  | 400m races U17 and older |  | 2.35  | Triple Jump  |
| 3.25  | 4 x 100m Relays  |  |   |   |