



EMAC

EMAC TRACK & FIELD CHAMPIONSHIPS 2019

HOSTED BY SOUTHEND-ON-SEA ATHLETIC CLUB

SATURDAY 20th July 2019 at SOUTHEND A.C. RUNNING TRACK

GARON PARK.SOUTHEND-ON-SEA.SS2 4FA.

First Field Event 11.00.am, First Track Event 11.30.am.

ENTRY DETAILS: Enter at <https://bmaf.opentrack.run/comp/621/> Click on Log in/Sign Up at top right of page and enter. Non-Members can register as Guests. (For Primary Area Club. Select. 'OPEN'.)

5 YEAR AGE GROUPS for MEN & WOMEN from 35YRS. GUESTS Welcome from other Regional BMAF Clubs. Also welcome are ATHLETES who are at least 35yrs of age and Current Members of a UK ATHLETICS CLUB. All entrants must be currently registered with ENGLAND ATHLETICS through their First Claim Club. Under UKA Rules

Medals: EMAC Championship medals will be awarded in each 5-year age group to the first three EMAC members for each event.

Events: 100m. 200m. 400m. 800m. 1500m. 3000m. 2k Walk. Sprint Hurdles: (80m, 100m and 110m). Long Hurdles: (200m, 300m and 400m). Shot, Discus, Javelin, Hammer, Long Jump, Triple Jump, High Jump, Pole Vault. Each athlete is allowed nine attempts in HJ and PV and four attempts in LJ and TJ and Throws.

Fees EMAC /BMAF Members: £8 00 1st event £4.00 each subsequent event.

Non-BMAF Members £10.00 1st event £4.00 each subsequent event. e.g. Any Athlete who is a 1st Claim Member of a UK Athletic Club and who is not a member of a BMAF Masters Club.

CLOSING DATE: FRIDAY 12h July 2019. PLEASE NOTE LATE ENTRIES WILL NOT BE ACCEPTED

Members who do not have internet access can request an Entry Form from:
EMAC T&F Championships, 25 Grasmead Avenue, Leigh-on-Sea, SS9 3LA

Important: please enclose a 110mm x 220mm(DL) 2nd Class stamped addressed envelope

It is the responsibility of individual athletes to determine that they are medically fit to contest these events.

Any Queries: email: johna.brock@virgin.net