



## CORBY AC OPEN MEETINGS SUMMER 2016 - Under UKA rules

Events will not start before time shown but may run late

<b><u>Tuesday March 29 th</u></b> 7.00 1000m 7.10 150m 7.30 600m 7.45 300m 8.00 2000m	<b><u>Tuesday April 19 th</u></b> 7.00 1000m 7.10 75m (u11)/ 100m 7.30 600m 7.45 150m (u11) / 200m 8.00 2000m
<b><u>Tuesday May 24 th</u></b> 7.00 300m/400m (u15+) 7.10 75m (u11)/ 100m 7.30 1500m 7.50 150m (u11) / 200m	<b><u>Tuesday June 21 st</u></b> 7.00 300m /400m (u15 +) 7.15 75m (u11)/ 100m 7.40 800m
<b><u>Tuesday July 12 th</u></b> 7.00 75m (u11)/100m 7.20 3k (inc Northants Champs m/f for u15 & up) 7.50 150m (u11)/200m	<b><u>Tuesday August 23 rd</u></b> 7.00 75m(u11)/100m 7.25 1 MILE 7.50 150m(u11)/ 200m
<b><u>Fourth Corby BMC Academy Meeting Saturday May 7 th (with Electronic Timing)</u></b>  BMC Academy 5.00 First Event	

**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 3<sup>rd</sup> event**

**County 3k entries £5: BMC Entries as per website**

**ENTRIES CLOSE 30 MINUTES BEFORE EVENT IS DUE TO START**

**Register & collect numbers from clubhouse under the grandstand**

**Please arrive early to prevent disappointment**