

WEST SUFFOLK AC MINITHON CHAMPIONSHIPS



**Club Championships
for all age groups**

MEDALS

Medals will be awarded to
top three in each age group:

Under 13's (Yr 6 and above)

Under 15's

Under 17's

Under 20's and Seniors

Closing date: 21/09/10



**Entry forms are available
from the club hut or can be
found on the club website:**

www.westsuffolkac.com

Sunday 3rd October 2010

West Suffolk Athletics Arena

1.00pm-6.30pm

What is a minithon?

Choose your preferred running, jumping and throwing event and score points based upon the standard of performance. An overall points total from the three events will then be calculated to determine the West Suffolk AC club champions and medalists.

Run

Hurdles, 100m, 200m, 800m, or 1500m

Jump

High jump or Long jump

Throw

Shot Putt, Discus or Javelin

Help required!

The minithon championships are being held exclusively for West Suffolk AC members. We therefore require as much help as possible to help make the event run smoothly - Whether it be raking the sand pit, recording results, or general assistance during the day - any help would be much appreciated. If you are willing to help on the day, please e-mail wsacvolunteer@hotmail.co.uk or speak to any club volunteer at the track.

Club BBQ !!! Club BBQ !!! Club BBQ !!! Club BBQ !!! Club BBQ !!!

The club minithon championships will be followed by a club BBQ which all competing athletes, families, and club volunteers are invited to attend. Please include your tickets bookings on the minithon entry form!