



EMAC



EMAC TRACK & FIELD CHAMPIONSHIPS 2018

HOSTED BY SOUTHEND-ON-SEA ATHLETIC CLUB

**SATURDAY 11th AUGUST 2018 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/566/> 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.

Medals: EMAC Championship medals will be awarded in each 5-year age group to the first three EMAC members for each event as long as you meet the EMAC Medal Standards in use on the day. Medal Standards are here: <http://emac.org.uk/wp-content/uploads/2018/04/EMAC-Indoor-Outdoor-Medal-Standards-2018-02-26.pdf>

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 four jumps/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 3rd AUGUST 2018. 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 Grasmoad 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