

# YORK EVENING SERIES

**LIVE MUSIC**

**FOOD OUTLETS**

**PRIZES**

**GRADED RACES**

**VENUE:** City of York Athletic Club, Heslington, York, YO10 5NA

**TIMINGS:** 17:45- 20:45

**ENTRY FEES:** £10 per event / £15 for two events / £20 for three events  
*Events must take place at the same meeting to be subject to discount*

**FEATURE EVENTS:** Each meeting will include feature events,  
with **£100 cash prizes for the winners!**

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for regular  
updates!

## WEDNESDAY 1 MAY - DISTANCE & THROWS CLASSIC

200m / 300m / 800m / 1500m / 3000m - U15 and over  
Hammer / Discus / Shot - U15 and over

### ★ FEATURE RACES ★

Men's 1500m A Race / sub 4:03.00 athletes / Paced  
Women's 800m A Race / sub 2:18.00 athletes / Paced

### ★ FEATURE THROW ★

Mixed Hammer Pool 2 / 40m+ athletes

## WEDNESDAY 5 JUNE - SPRINTS SPECTACULAR & THROWS

100m / 200m / 300m / 400m - U15 and over  
Javelin / Discus / Shot - U15 and over

### ★ FEATURE RACES ★

Men's 100m A Race / sub 11.50 athletes / Heats and Finals  
Women's 100m A Race / sub 12.75 athletes / Heats and Finals

### ★ FEATURE THROW ★

Mixed Shot Pool 2 / 10m+ athletes

## THURSDAY 4 JULY - THE HESLINGTON MILE / HURDLES & JUMPS SHOWCASE

400m / 6-800m / 70mH / 75mH / 80mH / 100mH / 110mH - Open to all age groups  
Track Mile Races - U15 and over

Long Jump / High Jump - 4.75m+ LJ athletes / 1.40m+ HJ athletes

### ★ FEATURE RACE ★

The Heslington Mile / sub 4:00.00 1500m athletes / Paced

### ★ FEATURE JUMPS ★

Mixed Long Jump / 5m+ (female) 6m+ (male) / Knock-Outs, Semi-Finals and Final  
Mixed High Jump / 1.60m starting height

**ALL ENTRIES TO BE MADE VIA SPORTSOFT ONLINE PORTAL. USE ELITE PORTAL FOR  
FEATURE EVENTS.**

**FOR QUERIES ABOUT ENTRY & REGISTRATION CONTACT: [info.yes.coyac@gmail.com](mailto:info.yes.coyac@gmail.com)**