



OXFORD CITY ATHLETIC CLUB



SANDRA LUKE MEMORIAL

5 STAR

(Age 9 and over on day)

AND

10 STEP

(Age 7 or 8 on day)

MEDAL COMPETITION

SUNDAY 8 JUNE 2008

HORSPATH TRACK, OXFORD

SPONSORED BY

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SPORTS LTD

EVENTS FOR 5 STAR (choose 1 track + 1 field + 1 of either)

U10/U11	Track:	75m, 55m hurdles, 800m
	Field:	Long Jump, Cricket Ball, High Jump
U12/U13	Track:	100m, 70m hurdles (girls) 80m hurdles (boys), 200m, 800m
	Field:	Long Jump, High Jump, Javelin, Discus, Shot
U14/U15	Track:	100m, 75m hurdles (girls) 80m hurdles (boys), 200m, 800m
	Field:	Long Jump, High Jump, Javelin, Discus, Shot

10 STEP EVENTS (athletes do all 5 events)

50m, 800m jog, Long Jump, Ball Throw, object pick-up

5 Star or 10 Step Competition entry Fee: £6

Include S.A.E for map and timetable if required.

Medals for top 3 in each age group.

Trophy for best 5 star & 10 step performances

5 Star certificates for all will be posted out after competition.

10 Step certificates & medals will be presented on day after last events

For entry form go to www.oxfordcityathleticclub.com

or email richard@oxfordcityathleticclub.com

CLOSING DATE 1 JUNE 2008



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5 STAR & 10 STEP COMPETITION ENTRY

<u>Surname</u>		<u>First Name</u>	
<u>Date of Birth</u>		<u>Entered last year ?</u> yes / no	
<u>Boy / Girl</u>	<u>5 star / 10 step</u>	<u>Club / School</u>	
Delete as applicable			

<u>Address</u>	<u>Telephone</u>
	<u>Mobile</u>
	<u>E-mail</u>

<u>5 Star Events</u>	<u>Track Event</u>	<u>S.A.E enclosed for map & timetable</u> yes / no
	<u>Field Event</u>	
	<u>Third Event</u>	

Cheque for £6 made payable to OCAC
Send entry to 5 Star, 19 Whitehouse Road, Oxford, OX1 4PA
Closing date for entries 1st June 2008

AGE GROUP	DATE OF BIRTH
Too young	After 8 June 2000
Under 8 - 10 step	Between 8 June 2000 and 8 June 2001
Under 9 - 10 step	Between 8 June 1999 and 8 June 2000
Under 10 - 5 star	Between 8 June 1998 and 1 September 1999
Under 11 - 5 star	Between 1 September 1997 and 1 September 1998
Under 12 - 5 star	Between 1 September 1996 and 1 September 1997
Under 13 - 5 star	Between 1 September 1995 and 1 September 1996
Under 14 - 5 star	Between 1 September 1994 and 1 September 1995
Under 15 - 5 star	Between 1 September 1993 and 1 September 1994
Too Old	Before 1 September 1993