



Founded 1904

# Evening Open Meeting

## Programme – Tuesday 26<sup>th</sup> September 2017

Time	Event	Age
6.30	75m	U11
6.30	Shot	U11, U13
6.45	Long Jump	U11, U13
6.45	Pole Vault	U13 & Above
6.45	Discus	U13 & Above
6.50	High Jump – Below 1.35m	U13 & Above
6.50	100m	U13 & Above
7.10	800m	U13 & Above
7.20	400m	U17M, U20 & Above
7.30	600m	U11
7.30	Shot	U15 & Above
7.30	Long Jump	U15 & Above
7.40	300m	U17W, U15B
7.45	High Jump – Opening Height 1.35m	U13 & Above
7.45	1500m	U13 & Above
8.00	Javelin	U13 & Above
8.00	<b>INSTEP 3000m races</b> (See note 6)	U15 & Above

### Notes

1. **Entry fee : £5.00 – for 3 events maximum.**
2. **Registration on night : 5.30pm onwards.**
3. **Age groups :** Ages as on 31<sup>st</sup> August 2017
4. **Open Events :** U11 and U13 events will take place in age groups. Track events will be graded where possible.
5. **Number of trials in Field Events:** U13 & Below – 3 trials, U15 & Above – 4 trials
6. **INSTEP 3000m races :** Enter on the night before 7.15pm. Races will be graded.
7. **Volunteers:** We welcome volunteers. Please let the Registration Desk know if you can help,
8. **Photography;** This event is open to the public and therefore it is not possible to prevent photographs of any particular individual from appearing in the media. If this is a problem for you, you are advised not to take part in the event.