



Founded 1904

Evening Open Meeting

Programme – Tuesday 28th March 2017

Time	Event	Age
6.00	Long Jump	U11 Quadkids
6.30	300H/400H	<u>Entry in advance, see note 6 below</u>
	Discus	U13 & Above
6.40	70m Hurdles	U13G
	Long Jump	U13G, U13B
6.45	75m Sprint	U11 Quadkids
	Pole Vault	U13 & Above
6.55	75m Hurdles	U13B, U15G
7.00	60m	U13 & Above
7.00	Vortex Throw	U11 Quadkids
7.15	80m Hurdles, <u>see note 5 below</u>	U17W, U15B
7.20	High Jump	U13G, U13B
	Long Jump	U15 & Above
7.20	800m	U13 & Above
7.30	600m	U11 Quadkids
	Shot	U13 & Above
7.40	150m	U13 & Above
7.50	300m	U15 & Above
	High Jump	U15 & Above
	Javelin	U15 & Above
8.00	3K Races (Graded) <u>Register by 7pm</u>	U15 & Above

Notes

1. **Entry fee : £5.00 – for all athletes. Maximum of 3 events except for U11 Quadkids**
2. **Registration on night:** Junior registration from 5.30pm.
3. **Age groups :** Ages as on 31st August 2017
4. **Open Events :** U13 events will take place in age groups. Track events will be graded where possible.
5. **80mH :** Notify track referee if you want to compete or it may not run.
6. **300/400 Hurdles will only be run if notified by Friday 24 March to Irene Brown – in_brown@hotmail.com**
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.

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