

Final Programme for Sunday below.

There are some changes from the proposed programme because of the number of entries (or lack of them) in some events.

As no entries have been received for some events, they have been removed from the programme eg Pole vault

Please note athletes and spectators must come into the Arena through the Stand entrance. There is a small fee 80p I think, for spectators.

Hope you enjoy the day

Janet

**EXETER HARRIERS KEN TRICKEY GREAT WEST OPEN MEETING
SUNDAY 9 APRIL 2017 AT EXETER ARENA**

RACES WILL BE SEEDED AND DECIDED ON TIME

PHOTOFINISH ELECTRONIC TIMING WILL BE USED

FINAL TIMETABLE

MEDALS FOR FIRST 3 IN EACH EVENT

Approx time	FIRST TRACK EVENT 10.45	Lunch Break	FIRST FIELD EVENT 10.15
10.45	70m Hurdles U13 Girls 1.45	400m hurdles Women	10.15 Hammer Male & Female all eligible age groups
10.55	75m Hurdles U15 Girls 1.50 75m Hurdles U13 Boys	300m H U17 Women	10.15 LJ U17 Men & Men
11.10	800 metres U17 Women 2.00 800 metres Women	800 metres U13 Girls 800 metres U13 Boys	11.30 Long Jump U13 Girls
11.20	80m Hurdles U17 Women 2.10 80m Hurdles U15 Boys	400 metres U17 Men 400 metres Men 400 metres Women	11.45 Javelin U13G, U15 G, U17 W & Women
11.30	800 metres Men 2.25 800 metres U17 Men	300 metres U15 Girls 300 metres U17W 300 metres U15 Boys	12.30 Shot All female age groups 12.30 High Jump U15 Boys, U17 Men & Men
11.35	800 metres U15 Girls 2.40 800 metres U15 Boys	600 metres Quad Kids Girls 600 metres Quad Kids Boys	12.45 Vortex Quad Kids Girls
11.50	75 metres Quad Kids Girls 3.00 75 metres Quad Kids Boys	1500 metr U13 Girls 1500 metr U13 Boys	1.00 Discus U13, U15 Boys, U17 Men & Men 1.15 Long Jump U15 Girls 1.15 High Jump U17 Women & Women 1.30 Long Jump Quad Kids Boys
12.05	100 metres U13 Girls 3.15 100 metres U13 Boys	1500 metres U15 Girls 1500 metres U17 Women	2.15 High Jump U13 Boys, U13 & U15 Girls 2.15 Javelin All male age groups
12.15	100 metres U15 Girls 100 metres U15 Boys	1500 metres Women 1500 metres U15 Boys 1500 metres U17 Men	2.30 Long Jump U17 Women & Women 2.30 Long Jump Quad Kids Girls
12.25	100 metres U17 Women 100 metres U17 Men 100 metres Women 100 metres Men	1500 metres Men 200 metres U13 Girls 200 metres U13 Boys	3.00 Triple Jump all eligible age groups
12.35	3000m U15 and older 3.40	200 metres U15 Girls 200 metres U15 Boys	3.45 Vortex Quadkids Boys 3.45 Long jump U13 Boys 3.45 Shot all male age groups 3.45 Discus U13 Girls U15G U17 W & Women
	LUNCH BREAK 3.50	200 metres U17 Women 200 metres U17 Men 200 metres Women 200 metres Men	NB TIMES OF FIELD EVENTS MAY BE ADJUSTED IF NUMBER OF ENTRIES MAKES THIS NECESSARY
		4.10 1500m S/c U17 Men	In field events except high jump and Quadkids there will be 4 trials unless the referee decides otherwise.
		4.20 2000m S/c Men	

INFORMATION FOR COMPETITORS, TEAM MANAGERS AND PARENTS

WE NEED AS MANY OFFICIALS AND HELPERS AS POSSIBLE

PLEASE VOLUNTEER so we can run field events on time

Athletes - When you arrive at Exeter Harriers Clubhouse check the list on the notice board to find your number

Collect your numbers from the table If your number is not there go to the late entries table.

UNDER 13 AND OLDER MAKE SURE YOU HAVE YOUR ENGLAND ATHLETICS REGISTRATION NUMBER

Listen to the announcer and report to your event when it is called.

NB The Men/Women age group events includes U20 AND MASTERS AGE GROUPS.

Athletes can use the correct throwing implements for their age group but there will be only one set of medals for the event which will be awarded for the best 3 performances.