

# EXETER HARRIERS' GREAT WEST OPEN - KEN TRICKEY MEMORIAL MEETING

AT EXETER ARENA

SUNDAY 8 APRIL 2018

RACES WILL BE SEEDED AND DECIDED ON TIME

**PHOTOFINISH ELECTRONIC TIMING WILL BE USED**

Entry Fees            Quad Kids £4            Medals for first 3 overall in each age group.  
Certificates for completing all four events

Other age groups £4 for first event, £2 for each subsequent event            MEDALS FOR 1ST 3 IN EACH EVENT

<b>UNDER 10 &amp; UNDER 11 QUAD KIDS</b> which is <b>all FOUR events</b>	75 metres	600 metres
	Long Jump	Vortex Throw
Points scored for times and distances achieved		

<b>UNDER 13 EVENTS</b> You can <b>compete in up to THREE</b> events. You can do 800m <b>OR</b> 1500m, not both	100 metres	200 metres	800 metres	1500 metres	70m Hurdles Girls	75m Hurdles Boys
	High Jump	Long Jump	Pole Vault	Shot	Discus	Javelin

<b>UNDER 15 EVENTS</b> You can <b>compete in up to THREE</b> events. You can only do one race of 800m or longer.	100 metres	200 metres	300 metres	800 metres	75m Hurdles Girls	80m Hurdles Boys
	1500 metres	3000 metres	High Jump	Long Jump	Triple Jump	
	Pole Vault	Shot	Discus	Javelin	Hammer	

<b>UNDER 17 EVENTS</b> You can <b>compete in up to THREE</b> events	100 metres	200 metres	300 m Women	800 metres	1500 metres
			400 m Men		
	3000 metres	80m Hurdles W	300m Hurdles W	1500m S/chase	High Jump
	100m Hurdles M	400m Hurdles M		Pole Vault	
	Long Jump	Triple Jump	Shot	Discus	Javelin
					Hammer

<b>U20/SENIOR/MASTERS</b> <b>Under 20s</b> cannot compete in more than <b>FIVE events</b>	100 metres	200 metres	400 metres	800 metres	1500 metres
	3000 metres	100m Hurdles W	400m Hurdles	High Jump	Long Jump
		110m Hurdles M	U20 Women	1500m S/chase	U20 Men
	Triple Jump	Pole Vault	Shot	Discus	Javelin
					Hammer
					2000m S/chase

**STEEPLECHASE    EVENTS ARE ESAA CHAMPIONSHIPS DISTANCES FOR U17s AND U20s ONLY**

**POLE VAULT        WILL BE INCLUDED ONLY IF ENTRIES ARE RECEIVED BY 1st APRIL**

If no entries have been received for an event by 1st April the event will be removed from the programme.

ATHLETES WITH DISABILITIES CAN BE ACCOMMODATED IN MOST EVENTS

PLEASE GIVE CLASSIFICATION AND ANY OTHER RELEVANT INFORMATION ON ENTRY FORM.

PROVISIONAL TIMETABLE & ENTRY FORMS ON EXETER HARRIERS WEBSITE

<http://exeterharriers.org.uk/competitions/great-west-open/>

If you pay by BACS (details on entry form.)    complete the entry form and email it to competitions@exeterharriers.org.uk

**OR** Send completed entry forms with cheque to;

Hon Secretary, Great West Open - Ken Trickey Memorial Meeting, 7 Jesmond Road, EXETER. EX1 2DG

**OR** hand in at Exeter Harriers reception desk.

**Entries to be received by Thursday 29th March**

Later entries may be accepted but may not be seeded.

I will accept entries at Plymouth Warm-up Meeting on Sunday 1st April.

Acknowledgement of entries and final timetable will be sent by email to the address you have given above

If you require acknowledgement by post enclose self addressed label and stamp