

**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

PROPOSED TIMETABLE

MEDALS FOR FIRST 3 IN EACH EVENT

FIRST FIELD EVENT 10.15

Approx time	FIRST TRACK EVENT 10.45	1.50	300m Hurdles U17 Women	10.15	Hammer Male & Female all eligible age groups
			400m hurdles U17 Men		
10.45	70m Hurdles U13 Girls		400m hurdles Women	10.15	LJU15 Boys
			400m hurdles Men	10.15	LJ U17 Men & Men
10.55	75m Hurdles U15 Girls 75m Hurdles U13 Boys	2.00	800 metres U13 Girls 800 metres U13 Boys	11.00	Javelin U13G, U15 G, U17 W & Women
11.05	800 metres U17 Women 800 metres Women	2.10	400 metres U17 Men 400 metres Men	11.30	High Jump U13 Boys & U15 Boys
11.15	80m Hurdles U17 Women 80m Hurdles U15 Boys		400 metres Women	11.45	Long Jump U15 Girls
11.25	800 metres Men 800 metres U17 Men	2.25	300 metres U15 Girls 300 metres U17W 300 metres U15 Boys	12.15	Discus U13, U15 Boys, U17 Men & Men
				12.30	Shot All female age groups
				12.30	High Jump U17 Men & Men
11.35	100m Hurdles Women 100m Hurdles U17 Men 110m Hurdles Men	2.40	600 metres Quad Kids Girls 600 metres Quad Kids Boys	1.15	Long Jump Quad Kids Boys
				1.15	Vortex Quad Kids Girls
				1.15	Javelin U13 Boys, U15 Boys
11.45	800 metres U15 Girls 800 metres U15 Boys	2.50	1500 metres U13 Girls 1500 metres U13 Boys	2.15	High Jump U13 Girls & U15 Girls
				2.15	Long Jump U17 Women & Women
11.55	75 metres Quad Kids Girls 75 metres Quad Kids Boys	3.10	1500 metres U15 Girls 1500 metres U15 Boys 1500 metres U17 Women 1500 metres Women 1500 metres U17 Men 1500 metres Men	2.30	Long Jump U13 Girls
				2.30	Long jump U13 Boys
				2.30	Javelin U17 Men & Men
12.10	100 metres U13 Girls 100 metres U13 Boys 100 metres U15 Girls 100 metres U15 Boys 100 metres U17 Women 100 metres U17 Men 100 metres Women 100 metres Men	3.40	200 metres U13 Girls 200 metres U13 Boys	3.30	Triple Jump all eligible age groups
		3.55	200 metres U15 Girls 200 metres U15 Boys	3.45	Shot all male age groups all male
		4.05	200 metres U17 Women 200 metres U17 Men 200 metres Women 200 metres Men	3.45	Discus U13 Girls U15G U17 W & Women
12.30	3000m U15 and older followed by 1500m S/chase U17W & U20W			3.45	Long Jump Quad Kids Girls
		4.20	1500m S/chase U17M	3.45	Vortex Quad Kids Boys
Lunch Break		4.30	2000m S/chase U20M		

NB TIMES OF FIELD EVENTS MAY BE ADJUSTED IF NUMBER OF ENTRIES MAKES THIS NECESSARY

In field events except high jump and pole vault, and Quad Kids events there will be 4 trials unless the field referee decides otherwise

INFORMATION FOR COMPETITORS, TEAM MANAGERS AND PARENTS

WE NEED AS MANY OFFICIALS AND HELPERS AS POSSIBLE PLEASE VOLUNTEER

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.