



# Evening Open Meeting

Programme – Tuesday 25<sup>th</sup> September 2018  
(Held under UKA Competition Rules)



Time	Event	Age
6.30	75m	U11
6.30	Shot – see note 5	U11, U13
6.45	Long Jump – see note 5	U11, U13
6.45	Discus - see note 5	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 – see note 5	U15 & Above
7.30	Long Jump – see note 5	U15 & Above
7.40	300m	U15 & Above
7.45	High Jump – Opening Height 1.35m	U13 & Above
7.50	1 Mile	U13 & Above
8.00	Javelin - see note 5	U13 & Above
8.00	<b>INSTEP 3000m races</b> - see note 6	U15 & Above
8.00	Triple Jump	U15 & Above

## Notes

- 1. Entry fee : £5.00 – for all athletes. Maximum of 3 events.**
- 2. Registration on night:** Registration between 5.30pm and 7.15pm
- 3. Age groups :** Ages as on 31<sup>st</sup> August 2018
- 4. Open Events :** U11 & U13 events will take place in age groups. Track events will be graded where possible.
- 5. Number of trials in Field Events:** U13 and Below – 3 trials, U15 & Above 4 trials
- 6. INSTEP 3000m races :** Enter on the night before 7.15pm. Races will be graded.
- 7. Waterproof Numbers :** Kindly *Sponsored by MARKET CARPETS of Devon*. Numbers are allocated for the season - please re-use the numbers given in a 2018 Open. New numbers if first Open Meeting in 2018.
- 8. GDPR :** Non Exeter Harriers' club members will be required to sign a data processing consent to enable us to store and pass information to The Power of 10. If an athlete is U17 or below parental consent will be required.
- 9. Volunteers:** We welcome volunteers. Please let the Registration Desk know if you can help.
- 10. Photography:** This is a public event, 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.