



Founded 1904

Evening Open Meeting

Programme – Tuesday 27th September 2016

Time	Event	Age
6.30	60m Mini-Hurdles Shot	Years 3,4,5,6 U11B, U11G, U13B, U13G
6.35	50m	Years 3,4
6.45	75m Long Jump Discus	Years 5, 6 U11B, U11G, U13B, U13G U13 & Above
6.55	100m	U13 & Above
7.10	800m	U13 & Above
7.15	High Jump	U13B, U13G
7.20	400m	U17M, U20W & Above
7.30	600m Long Jump Shot	U11B, U11G U15 & Above U15 & Above
7.40	1500m	U13 & Above
7.50	300m	U17W, U15B
8.00	INSTEP 3000m races High Jump Javelin	U15 & Above U15 & Above U13 & Above

Notes

- 1. Entry fee : £5.00 – for 3 events maximum.**
- 2. Registration on night :** U11&13 between 5.45 - 6.15pm. Others 6.20 – 7.15pm.
- 3. Age groups :** Ages as on 31st August 2016
- 4. Open Events :** U11 and U13 events will take place in age groups. Track events will be graded where possible. **U13/U15** can only do **800m or 1500m**
- 5. INSTEP 3000m graded races : £5 entry fee. U15 & above. Pre-entries close Sunday 25th September** <http://exeterharriers.org.uk/open-meet-instep-3k-27th-september/> or enter on the night by 7pm. On the night entries may not be seeded.
- 6. Volunteers:** We welcome volunteers. Please let the Registration Desk know if you can help,
- 7. 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.

Thanks for supporting the Exeter Harriers Open Meetings in 2016

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