

EXETER HARRIERS KEN TRICKEY OPEN MEETING

AT EXETER ARENA

SUNDAY 19 APRIL 2015

RACES WILL BE SEEDED AND DECIDED ON TIME

**PHOTOFINISH ELECTRONIC TIMING WILL BE USED**

MEDALS FOR FIRST 3 IN EACH EVENT		PROPOSED TIMETABLE	
FIRST TRACK EVENT 10.45	Lunch Break	FIRST FIELD EVENT 10.15	
10.45 60 m mini Hurdles U11 Girls 60 m mini Hurdles U11 Boys	1.50 300m Hurdles U17 Women	10.15 Hammer Male & Female U15 and older	
	No entries for 400m hurdles	10.15 LJU15 Boys	
10.55 70m Hurdles U13 Girls		10.15 LJ U17 Men &Men	
11.00 75m Hurdles U15 Girls 75m Hurdles U13 Boys	2.00 150 metres U11 Girls 150 metres U11 Boys	11.00 Javelin U13G, U15 G, U17 W & Women	
11.10 800 metres U17 Women 800 metres Women	2.10 600 metres U13 Girls 600 metres U13 Boys	11.30 Long Jump U13 Girls 11.30 High Jump U13 Boys & U15 Boys	
11.15 80m Hurdles U17 Women 80m Hurdles U15 Boys	2.20 400 metres U17 Men 400 metres Men 400 metres Women	12.15 Discus U13, U15 Boys, U17 Men & Men 12.30 Shot All female age groups 12.30 High Jump U17 Men & Men	
11.25 800 metres Men 800 metres U17 Men	2.35 300 metres U15 Girls 300 metres U17W 300 metres U15 Boys	1.15 Long Jump U15 Girls 1.15 Long Jump U11 Boys 1.15 Javelin U13 Boys, U15 Boys	
11.35 100m Hurdles Women 100m Hurdles U17 Men	2.50 1200 metres U13 Girls 1200 metres U13 Boys	2.15 High Jump U13 Girls & U15 Girls 2.15 Long Jump U17 Women & Women	
11.45 800 metres U15 Girls 800 metres U15 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 U11 Girls 2.30 Long jump U13 Boys 2.30 Javelin U17 Men & Men	
11.55 60 metres U11 Girls 60 metres U11 Boys	3.30 600 metres U11 Girls 600 metres U11 Boys	3.30 Triple Jump all eligible age groups 3.45 Shot all male age groups all male 3.5 Discus U 13 GirlS 15 G U17 W & Women	
12.05 75 metres U13 Girls 75 metres U13 Boys	3.40 150 metres U13 Girls 150 metres U13 Boys	Vortex U11Girls, U11 Boys	
12.15 100 metres U15Girls 100 metres U15 Boys 100 metres U17 Women 100 metres U17 Men 100 metres Women 100 metres Men	3.55 200 metres U15 Girls 200 metres U15 Boys 4.05 200 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	
12.30 3000m U15 and older followed by 5000m U20 and older		In field events except high jump there will be 4 trials unless the 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.  
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.