



Founded 1904

# Evening Open Meeting

## Programme – Tuesday 27<sup>th</sup> March 2018

Time	Event	Age
6.15	Mini Hurdles	U11
6.25	Turbo Javelin (See note 6)	U11
6.25	70m Hurdles	U13G
6.35	600m	U11, U13
6.45	Pole Vault	U13 & Above
6.45	75m Hurdles	U13B, U15G
6.45	Discus (See note 6)	U13 & Above
6.45	Long Jump (See note 6)	U11, U13
6.55	60m	U13 & Above
7.10	80m Hurdles (See note 5)	U17W, U15B
7.00	High Jump – Below 1.35m	U13 & Above
7.15	75m	U11
7.30	Shot (See note 6)	U13 & Above
7.30	300m	U15B, U17W & Above
7.40	Long Jump (See note 6)	U15 & Above
7.40	1000m	U13 & Above
7.45	High Jump – Opening Height 1.35m	U13 & Above
7.50	600m	U15 & Above
8.00	Javelin (See note 6)	U13 & Above
8.00	3000m races (See note 7)	U15 & Above

### Notes

1. **Entry fee : £5.00 – for 3 events maximum.**
2. **Registration on night :** 5.30pm onwards.
3. **Age groups :** Ages as on 31<sup>st</sup> August 2018
4. **Open Events :** U11 and U13 events will take place in age groups. Track events will be graded where possible.
5. **80m Hurdles :** Notify track referee before 6.45pm if you want to compete or you will not be able to.
6. **Number of trials in Field Events:** U13 & Below – 3 trials, U15 & Above – 4 trials
7. **3000m races :** Enter on the night before 7.15pm. Races will be graded.
8. **Volunteers:** We welcome volunteers. Please let the Registration Desk know if you can help,
9. **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.