

**EXETER HARRIERS' GREAT WEST OPEN - KEN TRICKEY MEMORIAL MEETING
AT EXETER ARENA**

SUNDAY 14 APRIL 2019

PHOTOFINISH ELECTRONIC TIMING WILL BE USED

RACES WILL BE SEEDED AND DECIDED ON TIME

Entry Fees Quad Kids £5 Medals for first 3 overall in each age group. Certificates for completing all four events

Other age groups £5 for first event, £2 for each subsequent event MEDALS FOR 1ST 3 IN EACH EVENT

UNDER 10 & UNDER 11 QUAD KIDS which is all FOUR events	75 metres	600 metres
	Long Jump	Vortex Throw
	Points scored for times and distances achieved	

UNDER 13 EVENTS You can compete in up to THREE events. You can do 800m OR 1500m, not both	100 metres	200 metres	800 metres	1500 metres	70m Hurdles Girls	75m Hurdles Boys
	High Jump	Long Jump	Pole Vault	Shot	Discus	Javelin

UNDER 15 EVENTS You can compete in up to THREE events. You can only do one race of 800m or longer.	100 metres	200 metres	300 metres	800 metres	75m Hurdles Girls	80m Hurdles Boys
	1500 metres	3000 metres	High Jump	Long Jump	Triple Jump	
	Pole Vault	Shot	Discus	Javelin	Hammer	

UNDER 17 EVENTS You can compete in up to THREE events	100 metres	200 metres	300 m Women	800 metres	1500 metres	
			400 m Men			
	3000 metres	80m Hurdles W 100m Hurdles M	300m Hurdles W 400m Hurdles M	1500m S/chase	High Jump Pole Vault	
	Long Jump	Triple Jump	Shot	Discus	Javelin	Hammer

U20/SENIOR/MASTERS Under 20s cannot compete in more than FIVE events	100 metres	200 metres	400 metres	800 metres	1500 metres
	3000 metres	100m Hurdles W 110m Hurdles M	400m Hurdles U20 Women	High Jump 1500m S/chase	Long Jump U20 Men 2000m S/chase
	Triple Jump	Pole Vault	Shot	Discus	Javelin

**STEEPLECHASE EVENTS ARE ESAA CHAMPIONSHIPS DISTANCES FOR U17s AND U20s ONLY
POLE VAULT WILL BE INCLUDED ONLY IF ENTRIES ARE RECEIVED BY 7th APRIL**

If no entries have been received for an event by 7th April the event will be removed from the programme.

ATHLETES WITH DISABILITIES CAN BE ACCOMMODATED IN MOST EVENTS
PLEASE GIVE CLASSIFICATION AND ANY OTHER RELEVANT INFORMATION ON ENTRY FORM.

PROVISIONAL TIMETABLE & ENTRY FORMS ON EXETER HARRIERS WEBSITE <http://exeterharriers.org.uk/competitions/great-west-open>

If you pay by BACS (details on entry form.) complete the entry form and email it to competitions@exeterharriers.org.uk

OR By Post Send completed entry forms with cheque to Hon Secretary Great West Open Meeting

7 Jesmond Road, EXETER EX1 2DG to arrive by Friday 5th April

OR hand in at Exeter Harriers reception desk by Thursday 4th April Later entries may be accepted but will not be seeded.

I will accept entries at Plymouth Warm-up Meeting on Sunday 7 April.

Acknowledgement of entries and final timetable will be sent by email to the address you have given on the entry form

If you require acknowledgement by post enclose self addressed label and stamp