

HUMBERSIDE TRACK & FIELD OPENS SERIES 2018 MEETING 3

On SATURDAY 30TH JUNE 2018

At COSTELLO STADIUM, HULL HU4 6XG

THIS MEETING INCLUDES A THROWS TRIATHLON FOR U15 AGE GROUPS UPWARDS
MEDALS AWARDED FOR THE TRIATHLON AGE GROUPS. Under UKA RULES; PERMIT; OUT 18/058

TRACK EVENTS

11.00	300m	U15G	U15B	U17W	U17M		
	400m	U17W	J/SW	U17M	J/SM		
	600m	U9G	U9B	U11B	U11G		
	100m	U13G	U13B	U15G	U15B	U17/J/SW	U17/J/SM
	80m	U9G	U9B	U11B	U11G		
	1500m	U15B	U15G	17W	J/SW	U17M	J/SM
	800m	U13G	U13B	U15G	U15B	U17/J/SW	U17/J/SM
	70mH	U13G					
	75mH	U13B	U15G				
	80mH	U15B	U17W				
	100mH	U17M	JW				
	110mH	J/SM					
	150m	U9G	U9B	U11B	U11G		
	200m	U13G	U13B	U15G	U15B	U17/J/SM	U17/J/SM
	5 X 80	U11/U9B	U11/U9				
	4 X 100	U13G	U13B	U15G	U15B	U17W	U17M JW JM SW SM

FIELD EVENTS (The Field events order is a guide and may change at the discretion of the Referee)

PLEASE NOTE; All High Jumps are B & G; M & W. Start at 1m45, 1m25, 90cm as required.

10.30	THROWS TRIATHLON	Hammer Throw	U15	U17	J/S	Male & Female
		Long Jump	U11G	Long Jump	U13B	
11.15	Long Jump	U13G	Long Jump	U11B		
	Shot Putt	U13B	High Jump	1.45 Starting Height		
12.00	THROWS TRIATHLON	Shot (3K)	U15G	U17W;	Javelin (600g)	U15B J/SW
		Discus (150 & 2K)	U17M	SM		
12.45	Long Jump	U9B	Long Jump	U15G		
	Soft Hammer	U11 & U13G	High Jump	1.25 Starting Height		
13.30	THROWS TRIATHLON	Shot (4K & 6K)	U15B	J/SW	Javelin (700 & 800g)	U17M
		J/SM	Discus (1K)	U15G	U17W	J/SW
14.15	Shot Putt	U13G	Long Jump	U15B	U17M&W	
	Soft Hammer	U11B & U13B	High Jump	90	Starting Height	
15.00	THROWS TRIATHLON	SHOT (5K & 7.25)	U17M & SM	Javelin (500g)	U15G	U17W
		Discus (1.25 & 1.75K)	U15B	JM		

NO ATHLETE IN THE U15 AGE GROUP AND BELOW MAY COMPETE IN MORE THAN ONE EVENT BETWEEN 600m AND 1500m in the same day.

The meeting entry fee is £5.00 per competitor per number; All entries are taken on the day. Enquiries to d.roberts936@btinternet.com or tel 01472 693270. Please complete the form below and hand in upon registration for your number. Cut and retain programme.

No.	Name	Club	Age Grp	Date of Birth	School Year	England Reg. No.