

HUMBERSIDE OPEN SERIES 2019
Meeting 1
Saturday 6th April, 2019 10:30

KING GEORGE V STADIUM, WEELSBY RD. GRIMSBY. DN32 9RU

Under UKA RULES Permit:

This programme includes events for age groups U9 upwards (U9 School Years 3 & 4)

Please read the times as "not before". Entries will determine our ability to keep to the timings stated

11:00	3000m	U15 Upwards Male & Female 1 or 2 races depending on entries							
	30m H (development)	U9G	U9B	U11G	U11B	No experience necessary. Several trials for all			
11:20	Hurdles	70m U13G		75m U13B U15 G		80m U17W U15B			
	Hurdles	100m J/SW U17M		110m J/SM					
12:10	100m	U13G	U13B	U15G	U15B	U17W	U17M	J/SW	J/SM
13:00	80m	U9G	U9B	U11G	U11B				
TRACK BREAK									
13:45	300m	U15G	U15B	U17W					
	400m	U17M	J/SM	J/SW	U17W option				
14:00	600m	U9G	U9B	U11G	U11B				
	800m	U15G	U15B	U17W	U17M	J/SW	J/SM		
14:20	150m	U9G	U9B	U11G	U11B				
	200m	U13G	U13B	U15G	U15B	U17W	U17M	J/SW	J/SM
14:40	1200m	U13G	U13B						
	1500m Steeplechase	U15 Upwards Male & Female			Barriers at Female Height				
15:00	5 x 80 Relay	U9 B&G							
	4 x 100 Relay	U11	U13	U15	U17	J/S	"mix & match"		

10:30	High Jump St Ht 1.45	Long Jump U13B then U13G	Long Jump U15G	Shot U17 J/SW	Javelin U17 J/SM
11:30	High Jump St Ht 1.25	Long Jump U9B then U9G	Long Jump U11B then U11G	Shot U13G then U13B	Javelin U15B & U15G
12:15		Triple Jump 11m board only	Long Jump U15B	Shot U17 J/SM	Javelin U17 J/SW
13:00	High Jump St Ht .90	Triple Jump 9m board only		CB & RB U9B then U9G	Discus U15B & U15G
13:45	Pole Vault Open age	Triple Jump 7m board only		Shot U15B then U15G	Discus U17 J/SM & W
14:30			Long Jump U17 J/SM & W	CB & RB U11 B then U11G	Discus U13B & U13G

The Chief Official in the Track, Field, Timekeeping & Starting would be very pleased to welcome visiting officials & volunteers to their discipline. If interested, please complete the slip below & hand in at registration. You will be contacted to work with their teams during the meeting.

Name	Club	Discipline	Time Slot when available

HUMBER MEETING ENTRY FEE IS £6.00 PER COMPETITOR PER NUMBER
ALL ENTRIES ARE TAKEN ON THE DAY Complete slip below and hand in at registration for your number.
NO ATHLETE IN THE U15 AGE GROUP AND BELOW MAY COMPETE IN MORE THAN ONE EVENT BETWEEN 600m and 3000m IN THE SAME DAY. Enquiries to d.roberts936@btinternet.com

No.	Name	Club	Age Grp	Date of Birth	SchYear	England Reg. No.

