

HUMBER OPEN SERIES 2019

Meeting 4

Saturday 27th July, 2019 10:30

Costello Stadium, Anlaby Park Road North, Hull. HU4 6XQ

Throws Triathlon U15, U17, Junior & Senior

Under UKA RULES Permit:OUT 19 / 160

This programme includes events for age groups U9 upwards (U9 School Years 2 & 3)

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

11:00	300m	U15G	U15B	U17G					
11:15	400m	U17W	U17M	J/SW	J/SM				
11:30	80m	U9G	U9B	U11G	U11B				
11:45	100m	U13G	U13B	U15B	U15G	U17M	U17W	J/SM	J/SW
12:30	600m	U9G	U9B	U11G	U11B				
12:45	1500	U13B	U15B	U15G	U17M	U17W	J/SM	J/SW	
12:45	30mH	U9B	U9G	U11B	U11G				
13:00	1200	U9G	U9B	U11G	U11B	U13G			
13:15	Wheelchair	400/800	As required						
	Track Break								
13:35	Hurdles	70mU13G	75m U13B	U15G	80m U17G	U15B	100m J/SW	U17M	110m J/M
14:15	150m	U9G	U9B	U11G	U11B				
14:30	200m	U13G	U13B	U15B	U15G	U17M	U17W	J/SM	J/SW
15:00	800m	U13G	U13B	U15B	U15G	U17M	U17W	J/SM	J/SW
15:30	5 x 80m	U9 G&B	U11G&B						
	4 x 100m	U13	U15	U17	J/S	Mix & match			

10:30	THROWS TRIATHLON	Hammer U15 B & G	Hammer U17 M & W	Hammer J/S M& W
10:30		Long Jump U11G	Long Jump U13 B	Shot U13 G
11:15	High Jump St Ht 1.47	Long Jump U11B	Long Jump U13 G	Shot U13 B
12:00	THROWS TRIATHLON	Shot U15G U17W JM	Javelin U15B J/SW	Discus U17M SM
12:45	High Jump St Ht 1.27	Long Jump U9B	Vortex Girls U9 U11	Javelin U13G & B
13:30	THROWS TRIATHLON	Shot U15B	Javelin U17M J/S M	Discus U15G U17 J/SW
14:15	High Jump St Ht 0.92	Long Jump U9G	Shot U13G	Vortex Boys U9 U11
15:00	THROWS TRIATHLON	Shot U17M SM J/SW	Javelin U15G U17W	Discus U15B JM

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.

