

Humber Open Series Meeting 1 Saturday 25th March 2023

WINTER WARM UP

King George V Stadium, Grimsby DN32 9RU at 10.30am

Under UKA RULES Permit OUT 23 / 081

Electronic Timing.

This programme includes events for age groups U11, U13, U15, (U17+ JS = ONE GROUP) Entries will determine our ability to keep to the timings stated Please check Roster website 4 days after entries close			
11:00	2000m	U17 J/S M & W	
11:10	80m	U13 B then G followed by	U15 B then G
11:30	80m	U17 J/S M & W	
11:50	70m	U11 B then GOU	
12:10	150m	U13 B then G followed by]
12:30	150m	U17 J/S M & W	U15 B then G]
12:50	600m	U11 B & G	
Track Break			
13:15	300m	U17 J/S M & W	
13:35	600m	U13 B & G	
14:00	600m	U15 B then G	
14:15	1000m	U17 J/S M then W	
NO ATHLETE IN THE U15 AGE GROUP AND BELOW MAY COMPETE IN MORE THAN ONE EVENT BETWEEN 600m and 3000m IN THE SAME DAY.			
These are the only events for U11 in Meeting 1 PLEASE DO NOT ENTER U11 ATHLETES IN U13 EVENTS			

10:30	Shot U15 B	Vortex U11 B & G	Long Jump U11 B & G
10:45	High Jump Open Age	Start Height 1.25	
11:30	Long Jump U15 B	Shot U13 B then U13 G	Javelin U17 J/S M & W
12:15	Long Jump U15 G	Shot U17 J/S M & W	Long Jump U13 B
13:00	Long Jump U17 J/S M	Long Jump U13 G	Javelin U15 B & G
13:45	Long Jump U17 J/S W	Shot U15 G	Javelin U13 B & G

Please enter via Roster Link below if the blue link doesn't work copy the address in to a browser

[Roster Athletics](https://meets.rosterathletics.com/public/competitions/details/about?id=13397) (https://meets.rosterathletics.com/public/competitions/details/about?id=13397)

Closing date for entries is 23.59 pm on Sunday 19th March 2023 No late entries can be accepted

Entry fees: U11 £10 70m 600m & LJ U11 £10 70m 600m & Vortex
 U13 & above £5 per event

Enquiries to ally@fitmums.org.uk

Please read below. UKA requirement

'An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the licence holder is a citizen of, or resident in, the UK.'