

HUMBER Open Series 2023

Meeting 3

Saturday 15th July, 2023

Track & Field Events start 10.30am

King George V Stadium, Grimsby. DN32 9RU

Under UKA RULES Permit: OUT 23/081

10:30	3,000m	U17 J/S M & W				
10:50	Hurdles	U13 B & G	U15 B & G	U17 M & W	U20 M & W	SM & SW
11:30	100m	U13 B & G	U15 B & G	U17 J/S M & W		
12:00	80m	U11 B & G				
12:15	400m	U17 M	J/S M & W			
12:25	800m	U17 J/S M & W				
12:35	300m	U15 B & G	U17 W			
Track Break						
13:10	600m	U11 B & G				
13:20	200m	U15 B & G	U17 J/S M & W			
13:45	150m	U13 B & G				
13:55	800m	U13 B&G	U15 B&G			
14:15	1200m	U13 B & G				
14:30	1500m	U15 B & G	U17 J/S M & W			
Relays – Entries taken on the day between 12.30 & 14.00 - £1 entry fee per athlete						
14:45	Relay	4 x 75m	U11			
14:55	Relay	4 x 100m	U13 U15 B & G	U17 J/S M & W		

	High J	L J	TJ	Shot	Javelin	Vortex
10:30	Start 1.45	U15 B & G		U13 B & G		U11 B & G
11:30		U11 B & G		U15 B	U15 G U17 G	
12:45	Start 1.20		U17 J/S M&W	U15 G	U13 B & G	
13:30		U11 B & G		U17 M	U15 B U17 M	
14:15	Start 0.90	U13 B & G		J/S M & W		U11 B & G
15:00		U17 M & W		U17 W	J/S M & W	
U11 80m Long Jump Vortex				U11 600m Long Jump Vortex		

Please enter via Roster

<https://meets.rosterathletics.com/public/competitions/details/about?id=22043>

Entry fees:									
U11	£10	600m	Long Jump	Vortex	U11	£10	150m	Long Jump	Vortex
U13 & above					£5 per event				

Enquiries to: ally@fitmums.org.uk