

HUMBER Open Series 2023

Meeting 2

Sunday 11th June, 2023

Field Events start 10.00 Track at 10.15

Costello Stadium, Hull HU4 6XQ

Under UKA RULES Permit: OUT / 081

10.15	3000m	U17 Upwards must be able to complete the distance inside 15 minutes				
10.30	Hurdles	70m U13 G	75m U13B U15G	80m U15B U17W	100m U17M J/SW	110m J/SM
11.00	600m	U11 B & G				
11.15	200m	U13 B & G		U15 B & G	U17 Upwards M&W	
11.45	1500m	U15 B & G		U17 Upwards M&W		
12.00	300m	U15 B & G		U17 G		
12.15	400m	U17 Upwards M&W				
12.45	800m	U13 B & G				
Track Break						
13.15	10,000m	Including Humber County Championship 10,000m J/S/V M/W				
14.00	150m	U11 B & G				
14.15	100m	U13 B & G		U15 B & G		U17 Upwards M&W
14.45	800m	U15 B/G		U17 Upwards M&W		
15.15	300mH	U17W				
	400mH	U17M	J/SW	J/SM		

	High J	L J	LJ & TJ	Shot	Long Throws	Vortex
10.00		U11	LJ U11		Hammer U15 B&G U17 M&W	
11.00	Start 1.45	U13	LJ U13		Discus U13 & U15 B&G	
11.45			TJ U15B U17+ MW	U13 B&G	Hammer J/S M&W	U11
12.30	Start 1.20	U15G		U17+ MW		
13.15		U17+MW		U15 B&G	Discus U17+ M&W	
14.00	Start 0.90				Javelin U13 & U15 B&G	
14.45		U15B			Javelin U17+ M&W	Vortex
15.15		U11	LJ U11			
U11 600m Long Jump Vortex				U11 150m Long Jump Vortex		

Please enter via Roster

<https://meets.rosterathletics.com/public/competitions/details/about?id=18314>

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