**HUMBERSIDE COUNTY ATHLETICS OPENS MEETINGS SERIES 2018, MEETING 3**

**At COSTELLO STADIUM HULL, HU4 6XG**

**On SATURDAY 30th JUNE 2018, COMMENCING at 10.30am.**

**This meeting includes a THROWS TRIATHLON MEDAL COMPETITION for U15’s upwards.**

**11.00 300m U15G U15BU17W U17M PERMIT OUT 18/058**

**400m U17W J/SW J/SM**

**600m U9G U9B U11B U11G**

**100m U13G U13B U15G U15B U17/J/SW U17/J/SM**

**80m U9G U9B U11B U11G**

**1500m U15B U15G 17W J/SW U17M J/SM**

**800m U13G U13B U15G U15B U17/J/SW U17/J/SM**

**70mH U13G**

**75mH U13B U15G**

**80mH U15B U17W 100mH / 110mH U17M J /SW J/SM**

**1500m Steeplechase U15 UPWARDS M & F. Barriers at Female Height. (developmental) 150m U9G U9B U11G U11B**

**200m U13G U13B U15G U15B U17/J/SM U17/J/SW**

**5 X 80 U11/U9B U11/U9G 4 X 100 U13G/U13B U15G/ U15B U17M/W upwards**

**FIELD EVENTS (The Field events order is a guide and may change at the discretion of the Referee)**

**PLEASE NOTE; All High Jumps are B & G; M & W. Start at 1m45, 1m25, 90cm as required.**

**.3z**

**10.30 THROWS TRIATHLON Hammer Throw U15 U17 J/S Male & Female**

**Long Jump U11G Long Jump U13B**

**SW Discus (150 & 2K) U17M**

**11.15 Long Jump U13G Long Jump U11B Shot Putt U13B High Jump 1.45 Starting Height**

**12.00 THROWS TRIATHLON Shot (3K) U15G U17W Javelin (600g) U15B J/ & SW; Discus 1.50 & 2K U17M SM**

**12.45 Long Jump U9B Long Jump U15G**

**Soft Hammer or CB/RB U9G / U11 & U13G High Jump 1.25 Starting Height**

**13.30 THROWS TRIATHLON SHOT (4K & 6K) U15B J/SW JM Javelin (700/800g) U17M J/SM**

**DISCUS 1K U15G U17W J/SW**

**14.15 Long Jump U9G SHOT U13G Long Jump U15B U17M&W**

**Soft Hammer or CB/RB U9B / U11B & U13B High Jump 90 Starting Height**

**15.00 THROWS TRIATHLON SHOT ( 5K & 7.26 ) U17M & SM Javelin ( 500g ) U15G U17W**

**Discus ( 1.25 & 1.75K ) U15B JM**

**NO ATHLETE IN THE U15 AGE GROUP AND BELOW MAY COMPETE IN MORE THAN ONE EVENT BETWEEN 600m AND 1500m in the same day.**

**The meeting entry fee is £5.00 per competitior per number; All entries are taken on the day. Enquiries to** [**d.roberts936@btinternet.com**](mailto:d.roberts936@btinternet.com) **or tel 01472 693270. Please complete the form below and hand in upon registration for your number.**

**Cut and retain programme.**

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| **No.** | **Name** | **Club** | **Age Grp** | **Date of Birth** | **School Year** | **England Reg. No.** |
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