**HUMBERSIDE OPEN SERIES 2020 Meeting 1 Saturday 18th April, 2020 10:30am**

KING GEORGE V STADIUM, WEELSBY RD. GRIMSBY. DN32 9RU

Under UKA RULES Permit: OUTDOOR 20 179

This programme includes events for age groups U9 upwards (U9 Sch Yrs 2 & 3 U 11 Sch Yrs 4 & 5)

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| Please read the times as “not before”. Entries will determine our ability to keep to the timings stated | | | | | | | | | |
| **11:00** | 3000m | U15 Upwards Male & Female 1 or 2 races depending on entries | | | | | | | |
| **11:20** | Hurdles | 70m U13G | | 75m U13B U15 G | | 80m U17W U15B | |  |  |
|  | Hurdles | 100m J/SW U17M | | 110m J/SM | |  |  |  |  |
| **12:10** | 100m | U13G | U13B | U15G | U15B | U17W | U17M | J/SW | J/SM |
| **13:00** | 80m | U9G | U9B | U11G | U11B |  |  |  |  |
|  | 3/400m | U15B&G | U17M&W | J/SM | J/SW |  |  |  |  |
| **TRACK BREAK** | |  |  |  | |  |  |  |  |
| **14:00** | 300mH | U15G | U15B | U17W |  |  |  |  |  |
|  | 400mH | U17M | J/SM | J/SW | U17W option | |  |  |  |
| **14:15** | 600m | U9G | U9B | U11G | U11B |  |  |  |  |
|  | 800m | U15G | U15B | U17W | U17M | J/SW | J/SM |  |  |
| **14:30** | 150m | U9G | U9B | U11G | U11B |  |  |  |  |
|  | 200m | U13G | U13B | U15G | U15B | U17W | U17M | J/SW | J/SM |
| **14:55** | 1200m | U13G | U13B |  |  |  |  |  |  |
|  | 1500m Steeplechase | | U15 Upwards Male & Female | | | Barriers at Female Height | | | |
| **15:15** | 5 x 80 Relay | U9 B & G | |  |  |  |  |  | |
|  | 4 x 100 Relay | U11 | U13 | U15 | U17 | J/S | **“mix & match ”** | | |

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| **10:30** | **High Jump**  St Ht 1.45 | **Long Jump**  U13B then U13G | **Long Jump**  U15G | **Shot**  U17 J/SW | **Javelin**  U17 J/SM |
| **11:30** | **High Jump**  St Ht 1.25 | **Long Jump**  U9B then U9G | **Long Jump**  U11B then U11G | **Shot**  U13G then U13B | **Javelin**  U15B & U15G |
| **12:15** |  | **Triple Jump**  11m board only | **Long Jump**  U15B | **Shot**  U17 J/SM | **Javelin**  U17 J/SW |
| **13:00** | **High Jump**  St Ht .90 | **Triple Jump**  9m board only |  |  |  |
| **13:45** | **Pole Vault**  Open age | **Triple Jump**  7m board only | **CB & RB**  U9B then U9G | **Shot**  U15B then U15G | **Javelin**  U13 B & G |
| **14:30** |  |  | **Long Jump**  U17 J/SM & W | **CB & RB**U11 B then U11G |  |

The Chief Officials - Track, Field, Timekeeping & Starting

would be pleased to welcome visiting officials & volunteers to their discipline

**HUMBER MEETING ENTRY FEE IS £7.00 PER COMPETITOR PER NUMBER**

**ENTRIES ARE TAKEN ON THE DAY Complete slip below and hand in at registration for your number.**

**300H, 400H, Steeplechase &/or Pole Vault athletes MUST REGISTER WITH THE ANNOUNCER by 12 noon**

**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**](mailto:d.roberts936@btinternet.com)

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