

**HUMBER OPEN SERIES 2021**  
**Field Events start at 10:00**

**Meeting 3**

**Saturday 11h June, 2022**

**Costello Stadium Hull HU4 6XQ**

Under UKA RULES Permit OUT 21/329  
 This programme includes events for age groups U11

10:30	Hurdles	110mJ/SM	100m U17J/SW	80m U15B U17W	75m U15G U13B	70m U13G
11:00	600m	U11 B & G				
11:15	3000m	U17 Upwards must be able to complete the distance inside 15 minutes				
11:30	200m	U13 B & G	U15 B & G	U17 Upwards M&W		
12:00	1500m	U15 B & G	U17 Upwards M&W			
12:30	300m	U15 B & G	U17 G			
12:45	400m	U17 Upwards M&W				
<b>Track Break</b>						
13:15	150m	U11 B & G				
13:30	100m	U13 B & G	U15 B & G	U17 Upwards M&W		
14:00	800m	U13 B & G	U15 B & G	U17 Upwards M&W		
14:45	300mH	U17W				
	400mH	U17M	J/SW	J/SM		

10:00	Hammer	U15 B & G	U17 M & W	Long Jump	U11 B & G	Long Jump	U13 B & G	
10:45	High Jump	Start Ht 1.45		Shot	U17 Upwards	Discus	U15 B & G	
11:30			Long J	U17 Upwards	Vortex	U11 B & G		
12:15	High Jump	Start Ht 1.20	Long J	U17 Upwards	Shot	U15 B & G	Vortex	U11 B & G
13:00	Hammer	J/S M & W	Long J	U15 B & G		Discus	U17 J/S M & W	
13:45					Shot	U13 B & G	Javelin	U17 J/S M & W
14:00	High Jump	Start Ht 0.90	Long J	U11 B & G				
14:30			Triple Jump		Shot	U17 Upwards	Javelin	U15B & G
			U15 B U17J/S M&W					
			11m board followed by 9m board					

U11 "150 Jump Throw"	Entry £10	150m	Vortex	Long Jump
U11 "600 Jump Throw"	Entry £10	600m	Vortex	Long Jump

A Roster Account is needed in order to enter. Follow the link to create one.

<https://meets.rosterathletics.com/public/competitions/details/about?id=7061>

**Entries Close 23:59 Sun. 5<sup>th</sup> June 2022**

**Entry fee must be paid by the closing date.**

**Entry Fee: £5 per event**

**U11 "Run Jump Throw" £10**

Enquiries to [ally@fitmums.org.uk](mailto:ally@fitmums.org.uk)