

**KINGSTON UPON HULL ATHLETIC CLUB
PRESENT THEIR SPRING OPEN MEETING
AT THE COSTELLO STADIUM HULL
Sunday 14th April 2019 (Electronic timing)
Field Events **from 10.15 – Track 10.30am.**
(Under U.K.A. rules) Permit no**



U11 Girls and Boys

80m 150m 600m Long Jump ,cricket/rounder's ball

U13 Girls and Boys

80m 150m 800m ,1200m(g), 1500m(b) 70m hurdles(g) 75m hurdles(b) Long Jump, high jump, shot, javelin, hammer

U15 Girls and Boys

100m 200m, 300m, 800m, 1500m 75m(g) 80m(b) hurdles, High Jump, Long Jump, Shot, discus, javelin, hammer

U17 men and women

100m 200m, 400m(m) 300m(w) 800m, 1500m, 80m hurdles (g) 100m hurdles(b) (g) Long Jump, shot, Javelin, Discus, hammer, High jump

Junior Senior Men and Women

100m 200m 400m, 800m 3000m(w) 5000m (m) 400m hurdles Long Jump, Javelin, shot, High jump, hammer, Discus (Junior Men to throw own weight implements).

U11 – U17s may enter 3 events U20s 5 events and Senior no limit.

Ages as at 31 August 2019

Medals to the first 3 in each age group event

U11's three trials only, U13, U15 & U17 three trials and top six with Grade 4 Standard will have a further three attempts. Junior & Senior three trials and top six a further three attempts.

£5.00 for 1 event, £9 for 2 events, £10 for 3 events.

Cheques payable to KUHAC Address for entries: Julie Gibson 15 Trenton Avenue Hull HU4 7RP Tel: 01482 503537 Email entries to: athleticsinhull@outlook.com To pay by PAYPAL click on "Send Money" using athleticsinhull@outlook.com email address. Closing date 9th April 2018

For online entries go to <http://www.kingstonuponhullac.co.uk/shop/> To pay by PAYPAL click on the link on (extra £1 charge)

NameM / F Club

Address

Date of Birth Age Group.....

Tel No: Events:- 1.

2.

Email: 3.