**HUMBER OPEN SERIES 2021 Meeting 4 Sunday 8th August 2021**

Quibell Park, Brumby Wood Lane, Scunthorpe. DN17 1SRU

Under UKA RULES Permit Out 21/533

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| This programme includes events for age groups U11, U13, U15, ( U17+ JS = ONE GROUP)Please read the times as “not before”. Entries will determine our ability to keep to the timings stated |
| **11:00** | 2 miles |  U17 + |  |
| **11:20** | 400m |  U17 + |  |
| **11:30** | 300m |  U15 + |  |
| **11:45** | 150m |  U11 |  |
| **12:05** | 200m |  U13 + |  |
| **12:25** | 800m |  U13 + |  |
| **12:50** | 600m |  U11 |  |
| **13:00** | **Track Break** |  |
| **13:30** | Hurdles |  U13 U15 |  U17 Jun / Sen |
| **14:00** | 80m |  U11 |  |
| **14:15** | 100m |  U13 + |  |
| **14:50** | 1200 |  U13 |  |
| **15:00** | 1 mile |  U15 + |  |
| **NO ATHLETE IN THE U15 AGE GROUP AND BELOW MAY COMPETE IN MORE THAN ONE EVENT BETWEEN 600m and 3000m IN THE SAME DAY.** |

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| **10:00** | **Hammer** pool 1 |  | **Shot** Pool 1 | **High Jump** St Ht 1.44 |
| **10:45** | **Hammer** pool 2 | **Long Jump** U11 Pool 1 | **Long Jump** U11 Pool 2 |  |
| **11:30** |  |  | **Shot** pool 2 | **High Jump** St Ht 1.24 |
| **12:15** | **Discus**  pool 1 | **Long Jump** U13+ pool 1 |  |  |
| **13:00** | **Discus**  pool 2 | **Long Jump** U13+ pool 2 | **Shot** pool 3 |  |
| **13:45** | **Triple Jump**7m board | **Long Jump** U13+ pool 3 |  | **High Jump** St Ht 0.94 |
| **14:30** | **Triple Jump** 9m 11m 13m boards | **Long Jump** U13+ pool 4 | **Shot** pool 4 |  |

**Meeting 4**

**Saturday 8th August 2021**

**Events available to each age group**

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| **Track Events** |
| U11 | U13 | U15 | U17 | Jun / Sen |
| 80m | Sprint Hurdles | Sprint Hurdles | Sprint Hurdles | Sprint Hurdles |
| 150m | 100m | 100m | 100m | 100m |
| 600m | 200m | 200m | 200m | 200m |
|  | 800m | 300m | 3/400m | 400m |
|  | 1200m | 800m | 800m | 800m |
|  |  | 1 mile | 1 mile | 1 mile |
|  |  |  | 2 miles | 2 miles |
| **Field Events** |
| U11 | U13 | U15 | U17 | Jun / Sen |
| Long Jump | Long Jump | Long Jump | Long Jump | Long Jump |
|  | High Jump | High Jump | High Jump | High Jump |
|  |  | Triple Jump  | Triple Jump | Triple Jump |
|  | Shot | Shot | Shot | Shot |
|  | Discus | Discus | Discus | Discus |
|  |  | Hammer | Hammer | Hammer |