**HUMBERSIDE OPEN SERIES 2022 Meeting 5 Saturday 20th August, 2022**

**Field 10.00 start** Costello Stadium, Analaby Park Road North, Hull. HU4 6XQ **Track 10.30 Start**

**Throws Triathlon for U17, Junior & Senior**

The programme includes events for age groups U11 upwards Under UKA RULES Permit

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| Entries will determine our ability to keep to the timings stated. Please check ROSTA, for any changes, once entries close  |
| **10:30** | 300mH | U15G | U15B | U17W |  |  |  |  |  |
| **10:45** | 400mH | U17M | J/SW | J/SM |  |  |  |  |  |
| **11:00** | 100m | U13G | U13B | U15B | U15G | U17M | U17W | J/SM | J/SW |
| **11:45** | 600m | U11G | U11B |  |  |  |  |  |  |
| **12:00** | 1500 | U15B | U15G | U17M | U17W | J/SM | J/SW |  |  |
| **12:30** | 300m | U15G | U15B | U17W |  |  |  |  |  |
| **12:45** | 1200 | U13G | U13B |  |  |  |  |  |  |
| **13:00** | 400m | U17M | J/SW | J/SM |  |  |  |  |  |
| **Track Break** | Entries for 4x100 Relays to be made during the track break. Club teams preferred but composite accepted |
| **13:30** | Hurdles | **70m**U13G | **75m** U13B U15G | **80m** U17G U15B | **100m** J/SW U17M | **110m** J/M |
| **14:00** | 75m | U11G | U11B |  |  |  |  |  |  |
| **14:15** | 200m  | U13G | U13B | U15B | U15G | U17M | U17W | J/SM | J/SW |
| **14:45** | 800m | U13G | U13B | U15B | U15G | U17M | U17W | J/SM | J/SW |
| **15:15** | 4 x 100m | U13 | U15 | U17 | J/S | Athletes may go up 1 age group to make a team |

*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** | THROWS TRIATHLON | **Hammer**  U17 J/S M&W | **Long Jump** U11 (600 J T) | **Long Jump** U11 (600 J T) |
| **11:00** |  | **High Jump** St Ht 1.47 | **Vortex** U11 (600 J T) | **Shot** U13 B&G |
| **11:45** | THROWS TRIATHLON | **Discus**  U17 J/S M&W | **Triple Jump**  7m board | **Shot** U15 B&G |
| **12:30** |  | **High Jump** St Ht 1.29 | **Discus** U13 U15 B&G | **Long Jump** U13 U15 B&G Pool 1 |
| **13:15** | THROWS TRIATHLON | **Shot**  U17 J/S M&W | **Long Jump** U11 (75 J T) | **Long Jump** U11 (75 J T) |
| **14:00** |  | **High Jump** St Ht 0.96 | **Triple Jump**  9m board | **Javelin** U13 U15 B&G |
| **14:45** | THROWS TRIATHLON | **Javelin**  U17 J/S M&W | **Vortex** U11 (75 J T) | **Long Jump** U13 U15 B&G Pool 2 |

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| These are the only events for U11 in Meeting 5 PLEASE DO NOT ENTER U11 ATHLETES IN U13 EVENTS |
| U11 “600 Jump Throw” Entry £10 |  600m Vortex Long Jump |
| U11 “75 Jump Throw” Entry £10 |  75m Vortex Long Jump |

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| THROWS TRIATHLONU17 J/S M &W |  Enter 3 from Discus, Hammer, Javelin & Shot ( 3 trials ONLY) You will automatically be entered for the Throws Triathlon |

**Entries Close 23:59 Sun. 14th August 2022 Entry fee must be paid by the closing date.**

**Entry Fees: £5 per event**

**U11 “Run Jump Throw” £10 Throws Triathlon: £5 per event Relay Teams: FREE**

Enquiries to ally@fitmums.org.uk

Entry Link