

Humber Open Series Meeting 4

Quibell Park, Scunthorpe DN17 1SR

Saturday 16th July, 2022.

Field starts 10:00

Track starts 10:30

ALWAYS check your Roster App – timings may change once entries close

U13 Pentathlon & U15 Pentathlon			
If you enter the Pentathlons, do not enter any other events			
10:30	Hurdles	U13+	70m 75m 80m including Pentathlons 100m 110m
11:00	3000m	U17 U20 M & W	
11:20	600m	U11 B&G (SDJ)	
11:40	200m	U13+	In age groups
12:15	150m	U11 B&G (SDJ)	
	Track	Break	
13:15	80m	U11 B&G (SDT)	
13:30	100m	U13+	In age groups
14:00	400m	U17+	
	300m	U15 B&G	U17W
14:15	MILE	U15	
14:25	600m	U11 B&G (SDT)	
14:35	800m	U13+	In age groups
	800m	U13 & U15	Pentathlons
15:00	MILE	U17+	
10:00	Hammer - All	High Jump start Ht 1.46	Long Jump (Sp Dis J) 2 pits
10:45	Shot U17+ pool 1		Long Jump U17+ pool 1
11:30	U15 Pentathlon Shot	Long Jump U13 U15 pool 1	U13 Pentathlon High Jump
12:15	Discus U17+ pool 1	U15 Pentathlon High Jump	Long Jump U17+ pool 2
13:00	Discus U17+ pool 2	U13 Pentathlon Long Jump	Shot U13 & U15
13:45	U15 Pentathlon Long Jump	Vortex U11 B&G (Sp Dis Th)	U13 Pentathlon Shot
14:30	Discus U13 & U15	Long Jump U13 U15 pool 2	Shot U17+ pool 2
These are the only events for U11 in Meeting 4 PLEASE DO NOT ENTER U11 ATHLETES IN U13 EVENTS			
AM	Jump Distance Sprint	Long Jump 150m 600m	
PM	Sprint Throw Distance	80m Vortex 600m	
U13 B & G Pentathlon	Hurdles High Jump Long Jump Shot	800m	
U15 B & G Pentathlon	Hurdles Shot High Jump Long Jump	800m	

Entries Close 23:59 Sun. 10th July 2022

Entry fee must be paid by the closing date.

Entry Fees: £5 per event

U11 "Sprint Jump /Throw Distance" £10

U13 & U15 Pentathlon £15

Enquiries to ally@fitmums.org.uk

Entry Link

<https://meets.rosterathletics.com/public/competitions/details/about?id=8876>

All times stated on this prospectus are subject to slight variations dependent on final entry numbers

U11 there are only 2 events available to enter AND YOU CAN ONLY ENTER 1 NOT BOTH!

The 100m U13+ will be seeded wherever possible Girls followed by Boys in each age group up to U17 then Jun/Sen as a group.

Events that state U17+ MEANS NO U15 TO ENTER!

U11 are NOT TO ENTER ANY INDIVIDUAL EVENTS!

Any athlete that has entered a combined event is not allowed to enter any individual events

ANY ATHLETE ENTERING AN EVENT NOT OPEN TO THEM WILL HAVE THE ENTRY REMOVED NO EXCEPTIONS!!

ALL EVENTS BOTH TRACK AND FIELD WILL HAVE START TIMES ALLOCATED FOR EACH HEAT / POOL WITHIN 48HRS OF ENTRIES CLOSING. PLEASE CHECK BACK ON THE ROSTER PLATFORM FOR ALL THE UPDATED TIMINGS.