



**KINGSTON UPON HULL ATHLETIC CLUB PRESENT THEIR SPRING OPEN
COSTELLO STADIUM HULL**

**Saturday 9th April 2022(Electronic timing & EDM for throws)
Field Events from 10.00– Track 10.30am.
(Under U.K.A. rules)**

Entries will be via the England Athletics competition entry system Roster and payment will via the Stripe payment system and not Paypal.

<https://meets.rosterathletics.com/public/competitions/details/about?id=4395>

Entry will be £7 per event

U11 will get three trials per event, 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.

Masters should select the appropriate age group for hurdles

Enter a Team Name when entering for Relays

U11 Girls and Boys

75m; 150m; 600m; Long Jump; Whizzer throw

U13 Girls and Boys

75m; 150m; 800m; 1200m; 70m Hurdles(g); 75m Hurdles(b); 4 x 100m Relay; Long Jump; High Jump; Shot; Javelin;

U15 Girls and Boys

100m; 200m; 300m; 800m; 1500m; 75m(g)/80m(b) Hurdles; 4 x 100m Relay; 4 x 300m Relay; High Jump; Long Jump; Shot; Discus; Javelin; Hammer; Triple Jump;

U17 men and women

100m; 200m; 400m(m); 300m(w); 800m; 1500m; 3000m, 80m Hurdles(g); 100m Hurdles(b)/(g); 300m hurdles(g); 400m Hurdles(b); 4 x 100 Relay; 4 x 300 Relay(g); 4 x 400 Relay(b); Long Jump; Shot; Javelin; Discus; Hammer; High Jump; Triple Jump;

Junior/Senior Men and Women

100m; 200m; 400m; 800m; 1500m; 3000m (100m Hurdles(g); 110m Hurdles(b); 400m Hurdles; 4 x 100m Relay; 4 x 400m Relay; Long Jump; Triple Jump; Javelin; Shot; High Jump; Hammer; Discus (Junior Men to throw own weight implements);

Kingston Upon Hull

Spring Open 2022



Provisional time table for field events and event places.

Time	Event	Age group	Lead Officials	Nos
10.15	L Jump – Pit 1			10
10.15	L Jump – Pit 2			10
11.15	L Jump – Pit 1			10
11.15	L Jump – Pit 2			10
13.00	L Jump – pit 1			10
13.00	L Jump – pit 2			10
14.15	Triple Jump –			9
10.15	Shot			10
11.00	Shot			10
11.45	Shot			10
12.45	Shot			10
10.15	Discus			9
11.00	Discus			9
14.00	Javelin			9
14.45	Javelin			9
15.30	Javelin			9
13.30	Howler	U11 Boys		10
14.30	Howler	U11 Girls		10
10.15	Hammer			9
11.45	Hammer			9
13.30	High Jump			8
14.30	High Jump			8
	High Jump			