

HORSHAM BLUE STAR HARRIERS

OPEN TRACK & FIELD MEETING

SUNDAY 16th AUGUST 2009

at Broadbridge Heath Leisure Centre, Horsham

TRACK			FIELD		
12.30	70mH	U13G	12.00	Pole Vault	(no min starting height)
	75mH	U13B,U15G		High Jump	U13G,U15G,U13B,U15B
	80mH	U17W,U15B		Discus	U17M,U20M,SM
	100mH	U20W,SW,U17M		Long Jump	U11G,U11B
				Shot	U13G,U15G,U13B,U15B
12.50	150m	U13B, U13G	1.00	Long Jump	U15G,U15B
1.00	200m	All Ages		Javelin	U13G,U15G,U13B,U15B
1.35	800m	All Ages		Discus	U17W,U20W,SW
2.10	600m	U11B,U11G,U13B,U13G	2.00	Pole Vault	(starting height 2.80m)
2.20	3000m	U15B,U17M,U20M,SM, U17W,U20W,SW		Discus	U13G,U15G,U13B,U15B
2.40	300m	U15G,U17W		Long Jump	U13G,U13B
2.45	400m	U15B,U17M,U20,SM,U20W,SW		High Jump	U17W,U20W,SW, U17M,U20M,SM
3.05	75m	U11B,U11G,U13B,U13G	2.30	Shot	U17M,U20M,SM
3.10	100m	All Ages	3.00	Javelin	U17M,U20M,SM, U17W,U20W,SW
3.45	1500m	All Ages		Long Jump	U17W,U20W,SW, U17M,U20M,SM
			3.30	Shot	U17W,U20W,SW

All Ages = U15 & above

NOTES

- Under UKA Rules
- Competitors in Under 11 Races MUST be 9 or 10 years old
- Maximum Spike Length 6mm
- Timetable subject to change depending on entry
- Entry Fee £2.00 per event. **ENTRIES ON DAY £3.00 per event**
- All Cheques & P/Os payable to HORSHAM BLUE STAR HARRIERS
- Entries to : R Hopkins, 3 Tanners Cross, Bolnore Village, Haywards Heath, W. Sussex RH16 4GE
- Closing date for advance entries 10th August 2009

ENTRY FORM

OPEN MEETING 16/08/09

NAME.....DOB / /

ADDRESS.....

.....TEL NO.....

CLUB.....AGE GROUP.....

EVENTS.....

I enclose Entry Fee (£2.00 per event) £ : (NO Cash through post please)

Entries to :- R Hopkins, 3 Tanners Cross, Bolnore Village, Haywards Heath RH16 4GE