

Team Southampton Open Meeting

Held "Under UK Rules"

The Outdoor Sports Centre

Wednesday 17th June 2009

Track

| | | |
|-------|--------------|--|
| 18.30 | 75m | U13 Girls |
| 18.35 | 100m | U13 Boys, U15 Girls & Boys, U17 Women & Men, Seniors |
| 19.00 | 800m | U13 Boys, U15 Girls & Boys, U17 Women & Men, Seniors |
| 19.15 | 300m Hurdles | U17 Women |
| 19.20 | 100m Hurdles | U17 Men. |
| 19.25 | 1200m | U13 Girls. |
| 19.30 | 3000m | U17 Men & Seniors |
| 19.45 | 300m | U15, U17, Seniors |

Field

| | | |
|-------|-----------|--|
| 18.30 | Discus | U15 Girls & Boys, U17 Women & Men, Seniors |
| 18.30 | Long Jump | U13 Boys, U15 Girls & Boys, U17 Women & Men, Seniors |
| 19.10 | Hammer | Under 15 Girls & Boys, U17 Women & Men Seniors |
| 19.10 | High Jump | U13 Boys, U15 Girls & Boys, U17 Women & Men, Seniors |

Team Southampton

Entry for meeting on

Full Name

Date of Birth

Male/Female (Circle as appropriate)

Club/School.....Age Group U11/U13/U15/U17/Sen (Circle as appropriate)

Address

.....

Tel No

Events enteredPayment of.... enclosed

Entry Fee £1.50 per event in advance (£2 on evening of competition)

Cheques payable to Team Southampton

Entries to:-

Brian Fisher 26 Ascot Road, Horton Heath, Hants, SO50 7JQ. Tel: 02380 695938



**TEAM SOUTHAMPTON QUADKIDS COMPETITION
SOUTHAMPTON SPORTS CENTRE – WED. 17TH JUNE 2009**

This competition is open to all Young Athletes who are aged 9 or above, and under the age of 11 on Wednesday 17th June 2009. (The Quadkids competition will be run in conjunction with the Team Southampton Open Meeting, which will be taking place simultaneously).

Athletes compete in all 4 events (75 metres, Long Jump, Howler/ Vortex Javelin, and 600 metres). Points are awarded according to the Quadkids format as recommended by England Athletics for this age-group. Final placings are determined by total points.

Approximate timetable:-

6.30pm 75 metres

**6.50pm Javelin – Girls
Long Jump – Boys**

**7.10pm Javelin – Boys
Long Jump – Girls**

7.30pm 600 metres

Entry by 16th June 2009 latest. £5 in advance. Cheques made payable to Team Southampton. Entries to Brian Fisher, 26 Ascot Road, Horton Heath, Hampshire. SO50 7JQ. Tel. 02380 695938.

Full Name.....Date of Birth.....

Male/ Female (circle as appropriate) Telephone Number.....

Address.....