

Information:

Team Southampton

The Southampton Sports Centre 70th Anniversary Open Meeting

Weds 28 May 2008, 6.30pm

Including

100m & 800m Handicaps (Seniors Only)

&

3000m 2 person Paarlauf (Senior Men & Senior Women)

Events

80m	-	U11 Boys & Girls
100m	-	U13, U15 Boys & Girls
100m Handicap	-	Senior Men & Senior Women (see handicap entry form)
200m	-	U13, U15 Boy & Girls, Senior Men & Women
600m	-	U11 Boys & Girls
800m	-	U13, U15 Boys & Girls
800m Handicap	-	Senior Men & Senior Women (See handicap entry form)
3000m Paarlauf	-	Senior Men & Senior Women
Javelin	-	U13, U15 Boys & Girls, U17, Senior Men & Women
Triple Jump	-	U17 Men, Senior Men & Women

Please note that all races will be graded on times therefore all Senior events are open to under 17's and U20's also

Next Meetings 18 June, 16 July & 27 August

Visit

www.teamsouthampton.co.uk

for information, results, photos and much more

Timetable:

**TEAM SOUTHAMPTON Open Meeting, Southampton Sports Centre
Wednesday May 28th at 6.45 pm**

Track Events

6.45	80m	U11 Boys, Girls	
6.55	100m	U13 Boys & Girls, U15 Boys & Girls	
7.10	100m	Handicap Men	Heats
	100m	Handicap Women	Heats
7.20	600m	U11 Boys & Girls	
7.25	800m	U13 Boys & Girls, U15 Boys & Girls	
7.40	800m	Handicap Men	
	800m	Handicap Women	
7.55	100m	Handicap Men	Final
	100m	Handicap Women	Final
8.05	200m	U13 Boys & Girls, U15 Boys & Girls	
8.15	3000m	Two Man / Woman Parlauf	
8.30	200m	Men, Women	

Field Events

6.45	Javelin	All age groups male
7.15	Triple Jump	U17 Men, Senior Men, U17 Women, Senior Women
7.30	Javelin	All age groups Female

Entries to Janet Smith 10 Priestwood Close, Thornhill, Southampton SO18 5RN

Entry Fee £1.50 if entered before the day, Entries on the day £2.00

NO Telephone Entries

Entries for the handicap events must be made before the day – see separate Handicap Form

Open Meeting Entry – 28 May 2008

Name	Age Group
Club / School	Events Entered
Contact Telephone	Fee Enclosed

Cheques payable to Team Southampton

Handicap Races Entry Form

Handicap Races on Wednesday May 28th.

At the Sports Centre, Southampton 6.45pm start

Men 100m and 800m

Women 100m and 800m

These events will be open to all athletes over 15 on September 1st 2008

**Entries in writing no later than Monday 26 May.
Entries will not be accepted by phone or on the day.**

Heats, if necessary will be held in the 100m events

Awards for the first three in each event

The best time recorded in 2007 / 08 must be shown on the entry form

Athletes guilty of a false start will be penalised by one metre in the 100m and eight metres in the 800m

Entry fee - £2.00 per event

Entries in writing to Janet Smith, 10 Priestwood Close, Thornhill, Southampton SO18 5RN

Handicap Entry Form

Please enter me for the handicap race at the Sports Centre,
Southampton on May 28th 2008.

My best time for the event in 2007 / 08 is

Name

Club

Address

.....

Telephone No

Entry fee of £2.00 enclosed

Cheques should be made payable to Team Southampton.

Advance Entries Only.