

## OPEN TRACK & FIELD MEETING

### MONDAY 2 MAY (BANK HOLIDAY) 2016

ONLINE ENTRIES UNTIL 5 PM 1 MAY: [CLICK HERE](#)

ONLINE PER EVENT: £3.00 U20 and below £4.00 Senior and Masters

ON THE DAY PER EVENT: £4.00 U20 and below £5.00 Senior and Masters

NB: TRACK EVENTS: **ENTRY NO LATER THAN 60 MINUTES PRIOR TO SCHEDULED START**

### TIMETABLE

TIME	EVENT (CLUB CHAMPS IN BOLD)	AGE CATEGORY (Please ensure junior athletes are eligible to compete in some events, as per UKA age rules)
	<b>TRACK</b>	***** ELECTRONIC TIMING *****
12.00	<b>400M HURDLES</b>	<b>MALE: U17, U20, SENIOR, MASTERS</b> <b>FEMALE: U20, SENIOR, MASTERS</b>
12.20	<b>300M HURDLES</b>	<b>FEMALE: U17</b>
12.30	<b>5000M</b>	<b>MALE: MASTERS, SENIOR</b> MALE: U20 (NOT CLUB CHAMPS) FEMALE: MASTERS, SENIOR, U20 (NOT CLUB CHAMPS)
13.00	<b>100M</b>	<b>MALE AND FEMALE: ALL AGE GROUPS</b>
14.30	STAN ALLEN MILE	FOLLOWED BY 1 MILE RACES: MALE AND FEMALE: ALL AGE GROUPS
15.10	200M	MALE AND FEMALE: ALL AGE GROUPS
15.55	800M	MALE AND FEMALE: ALL AGE GROUPS
16.20	300M	WOMEN U17 AND BOYS U15 (NO U11/U13)
16.30	<b>400M</b>	<b>MALE AND FEMALE: ALL AGE GROUPS (EXCEPT U11/U13)</b>
	<b>FIELD</b>	
12.00	<b>HAMMER</b>	<b>MALE AND FEMALE: ALL AGE GROUPS</b>
	<b>HIGH JUMP</b>	<b>MALE: ALL AGE GROUPS</b>
	POLE VAULT	MALE AND FEMALE: ALL AGE GROUPS (EXCEPT U11/U13)
13.00	LONG JUMP	MALE: ALL AGE GROUPS
	JAVELIN	FEMALE: ALL AGE GROUPS
14.45	<b>SHOT PUT</b>	<b>MALE AND FEMALE: ALL AGE GROUPS</b>
	<b>HIGH JUMP</b>	<b>FEMALE: ALL AGE GROUPS</b>
15.45	JAVELIN	MALE: ALL AGE GROUPS
	LONG JUMP	FEMALE: ALL AGE GROUPS

Further HHH 2016 Open Meetings: 23 July, 27 August

For further info contact Steve Bosley on  
0208 687 0386 / 07721 555 688

[stevebosley1@aol.com](mailto:stevebosley1@aol.com)

[www.hernehillharriers.org](http://www.hernehillharriers.org)