

# Exeter Harriers Combined Events Meeting

Incorporating U20, Senior & Masters County Championships

*Open Track Races for U13, U15 and U17 age groups*

at Exeter Arena Saturday 26 and Sunday 27 September 2009

First event 10.30 am.

## **COMBINED EVENTS**

### **SATURDAY AND SUNDAY**

DECATHLON U17,U20, Senior and Vet Men  
DECATHLON U20, Senior and Vet Women  
OCTATHLON U17 Men  
HEPTATHLON U17, U20, Senior & Vet Women

### **SATURDAY ONLY**

PENTATHLON U13 Boys and U15 Boys  
PENTATHLON U11 Boys (70m hurdles 55cm height, LJ, 60m Shot, 600m)  
PENTATHLON U11 Girls (70m hurdles 55cm height, LJ, 60m Shot, 600m)

### **SUNDAY ONLY**

PENTATHLON U13 Girls and U15 Girls

Medals for 1st 3 in each event. Certificates for everyone completing the event.

Entry fee Pentathlons £6, Other events £8

**Combined Events entries by Saturday 12th September PLEASE  
Although late entries may be accepted 12th September is  
the date on which we decide whether the event has enough entries to run.**

## **U13, U15 & U17 OPEN TRACK EVENTS                      Graded Races**

**Athletes in Combined Events cannot compete in Open events on the same day.**

SATURDAY U13 100m, 200m, 800m, 1500m U15 100m, 200m, 3/400m, 800m, 1500 m  
U15 75/80m Hurdles, U17 100m, 200m, 3/400m, 800m, 1500m, 80/100m hurdles

SUNDAY U13 100m, 200m, 800m, 1500m U15 100m, 200m, 3/400m, 800m, 1500 m  
U15 75/80m Hurdles, U17 100m, 200m, 3/400m, 800m, 1500m, 80/100m hurdles

Entry fees for open events £3 for up to 3 events

Early Entries for Open events preferred but will be accepted on the day.

Entries to Janet Phillips, 7 Jesmond Road, EXETER EX1 2DG

or hand in at reception in Exeter Harriers Clubhouse

Email [janetm.phillips@btinternet.com](mailto:janetm.phillips@btinternet.com)

Telephone 01392 259040

For entry forms and information updates check Exeter Harriers Website  
[www.exeterharriers.co.uk](http://www.exeterharriers.co.uk)

# ENTRY FORM FOR EXETER HARRIERS COMBINED EVENTS MEETING

AT EXETER ARENA ON SATURDAY 26 AND SUNDAY 27 SEPTEMBER 2009 FIRST EVENT 10.30 AM

ENTRY FORM FOR U11, U13 AND U15 PENTATHLON

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Phone no \_\_\_\_\_ Club/School \_\_\_\_\_

Email address \_\_\_\_\_ Age on \_\_\_\_\_

Date of Birth \_\_\_\_\_ 31-Aug-09 \_\_\_\_\_

I wish to enter the UNDER \_\_\_\_\_ PENTATHLON

PLEASE COMPLETE THE SECTION BELOW SO EVENTS CAN BE SEEDED.

Event \_\_\_\_\_ Best performance in 2009 \_\_\_\_\_

HURDLES \_\_\_\_\_

60m (U11) \_\_\_\_\_

HIGH JUMP (U13, U15) \_\_\_\_\_

LONG JUMP \_\_\_\_\_

SHOT \_\_\_\_\_

600 METRES (U11)/800 METRES (U13, U15) \_\_\_\_\_

I enclose £6 cash/cheque payable to Exeter Harriers Ltd

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Parent/Guardian of athlete aged under 18

email completed entry forms to [janetm.phillips@btinternet.com](mailto:janetm.phillips@btinternet.com)  
or send by post to Janet Phillips, Pentathlons  
7 Jesmond Road, EXETER EX1 2DG  
or hand in at reception at Exeter Harriers Clubhouse, Exeter Arena

**Entries must be received by 12 September 2008 PLEASE ENTER EARLY**

**Although late entries may be accepted 12th September is the date on which we decide whether the event has enough entries to run. Acknowledgement will be sent by email**

Enclose Stamped SAE if acknowledgement of entry and timetable is required by post

# ENTRY FORM FOR EXETER HARRIERS COMBINED EVENTS MEETING

AT EXETER ARENA ON SATURDAY 26 AND SUNDAY 27 SEPTEMBER 2009 FIRST EVENT 10.30 AM

ENTRY FORM FOR HEPTATHLON (U17 WOMEN, U20 WOMEN, WOMEN, VET WOMEN)

OCTATHLON U17 MEN

AND DECATHLON (U20 WOMEN, WOMEN, VET WOMEN U17 MEN, U20 MEN, MEN, VET MEN)

VETS WEIGHT EQUIPMENT WILL BE AVAILABLE FOR USE

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Phone no \_\_\_\_\_ Club/School \_\_\_\_\_

Email address \_\_\_\_\_ Age on \_\_\_\_\_

31/08/2009(U17)

Date of Birth \_\_\_\_\_ 31/12/2009 (U20)

I wish to enter the \_\_\_\_\_ Age Group HEPT/ OCT /DECATHLON

Delete as appropriate

I am eligible to compete in the Devon U20/Senior/Masters County Championship

Because I was born in Devon or have lived in Devon for over 9 months

I am not eligible to compete in the Devon County Championships

Please tick the relevant box (U17 Champs took place with Schools Champs)

<input type="checkbox"/>
<input type="checkbox"/>

PLEASE COMPLETE THE SECTION BELOW SO EVENTS CAN BE SEEDED.

Event	Best performance in 2009	Event	Best performance in 2009
HURDLES	_____	100 /200METRES	_____
HIGH JUMP	_____	JAVELIN	_____
LONG JUMP	_____	DISCUS	_____
SHOT	_____	POLE VAULT	_____
800 /1500 METRES	_____	400 METRES	_____

I enclose £8 cash/cheque payable to Exeter Harriers Ltd

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Parent/Guardian of athlete aged under 18

email completed entry forms to [janetm.phillips@btinternet.com](mailto:janetm.phillips@btinternet.com) or send by post to

Janet Phillips Exeter Harriers 7 Jesmond Road, EXETER EX1 2DG

or hand in to reception at Exeter Harriers Club House

**Entries must be received by 12 September 2008**

**PLEASE ENTER EARLY**

**Although late entries may be accepted 12th September is the date on which we decide whether the event has enough entries to run.**

Acknowledgement will be sent by email

**Enclose Stamped SAE if acknowledgement of entry and timetable is required by post**

## ENTRY FORM FOR EXETER HARRIERS OPEN EVENTS

AT EXETER ARENA ON SATURDAY 26 AND SUNDAY 27 SEPTEMBER 2009 FIRST EVENT 10.30 AM

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone no \_\_\_\_\_ Club/School \_\_\_\_\_

Email address \_\_\_\_\_ Age on \_\_\_\_\_

Date of Birth \_\_\_\_\_ 31-Aug-09 \_\_\_\_\_

I wish to enter the following Open Events (Maximum 3 events)

PLEASE COMPLETE THE SECTION BELOW SO EVENTS CAN BE SEEDED.

Event	Best performance in 2009
_____	_____
_____	_____
_____	_____

I enclose £3 cash/cheque payable to Exeter Harriers Ltd

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Parent/Guardian of athlete aged under 18

email completed entry forms to [janetm.phillips@btinternet.com](mailto:janetm.phillips@btinternet.com)  
or send by post to Janet Phillips  
7 Jesmond Road, EXETER EX1 2DG  
or hand in at reception at Exeter Harriers Clubhouse, Exeter Arena

Entries will be acknowledged by email

**Enclose Stamped SAE if acknowledgement of entry and timetable is required by post**

TIMETABLE FOR EXETER HARRIERS COMBINED EVENTS MEETING

THE COMPETITION WILL START AT THE TIME SHOWN. TIMES OF LATER EVENTS MAY BE ADJUSTED IF APPROPRIATE

SATURDAY 26 SEPTEMBER

TIMETABLE

START TIME (APPROX)	U11 GIRLS PENTATHLON	U11 BOYS PENTATHLON	U13 BOYS PENTATHLON	U15 BOYS PENTATHLON	U17 MEN OCTATHLON	U17 W, WOMEN \ U20W, WOMEN HEPTATHLON & VET W DECAT	U17, U20, MEN, VET DECATHLON	OPEN U13, U15, U17
10,30	HURDLES	HURDLES	HURDLES			HURDLES		75mH 80m H
11.00								
11.15	LONG JUMP	LONG JUMP	SHOT	HURDLES		HIGH JUMP		100 metres
11.30							100 METRES	100 METRES
12.00				SHOT				
12.15			LONG JUMP (HIGH JUMP)		DISCUS	DISCUS	LONG JUMP	400 metres 300 metres
12.30				LONG JUMP				
1.00	60 METRES	60 METRES				SHOT		
1.30					LONG JUMP		POLE VAULT	1500 metres
1.45								
2.00	SHOT	SHOT	HIGH JUMP (LONG JUMP)					
2.15						200 METRES	SHOT	200 metres
2.30				HIGH JUMP				
2.45	600 METRES	600 METRES						
3.00								
3.15					JAVELIN	JAVELIN	HIGH JUMP	
3.30								800 metres
4.00			800 METRES					
4.15				800 METRES				
4.30					400 METRES	400 METRES		
5.00							400 METRES	

**Field events in brackets show timetable for pool 2 if numbers make pools necessary.**

TIMES SHOWN FOR OPEN EVENTS ARE APPROXIMATE COMBINED EVENTS HAVE PRIORITY

TIMETABLE FOR EXETER HARRIERS COMBINED EVENTS MEETING

SUNDAY 27 SEPTEMBER

TIMETABLE

THE COMPETITION WILL START AT THE TIME SHOWN.

TIMES OF LATER EVENTS MAY BE ADJUSTED IF APPROPRIATE

START TIME (APPROX)	U13 GIRLS PENTATHLON	U15 GIRLS PENTATHLON	U17 MEN OCTATHLON	U17 W & U20W & SW & VET W HEPTATHLON	U20, WOMEN & VET W DECATHLON	U17, U20, MEN & VET DECATHLON	OPEN EVENTS U13, U15, U17
10.30	LONG JUMP	LONG JUMP (HIGH JUMP)				HURDLES	
10.45			HURDLES				100m, 75m & 70m H
11.00							
11.15					HURDLES		
11.30	HURDLES	HURDLES		LONG JUMP		DISCUS	
12.15	SHOT (HIGH JUMP)	SHOT	HIGH JUMP		LONG JUMP		800 metres
12.30				JAVELIN			100 metres
1.00						POLE VAULT	
1.30	HIGH JUMP (SHOT)	HIGH JUMP (LONG JUMP)			SHOT		300 metres 400 metres
1.45							
2.00				800 METRES			
2.15			SHOT				
3.00					HIGH JUMP	JAVELIN	200 metres
3.15							
3.30	800 METRES	800 METRES					
3.45			1500 METRES				
4.15							1500 metres
4.30					1500 METRES	1500 METRES	

**Field events in brackets show timetable for pool 2 if numbers make pools necessary.**

TIMES FOR OPEN EVENTS ARE APPROXIMATE. COMBINED EVENTS HAVE PRIORITY