

Exeter Harriers Combined Events Meeting

Incorporating U20, Senior & Masters County Championships

at Exeter Arena Saturday 14 and Sunday 15 August 2010

Saturday First Event 1 pm. Sunday First Event 10.30 am

TWO DAY EVENTS

SATURDAY AND SUNDAY

DECATHLON	U17, U20, Senior and Vet Men
Day 1 Events	100m, Long Jump, Shot, HJ, 400m
Day 2 Events	Hurdles, Discus, PV, Javelin, 1500m
OCTATHLON	U17 Men
Day 1 Events	Long Jump, Discus, Javelin, 400m
Day 2 Events	Hurdles, High Jump, Shot, 1500m
HEPTATHLON	U17, U20, Senior & Vet Women
Day 1 Events	Hurdles, High Jump, Shot, 200 m
Day 2 Events	Long Jump, Javelin, 800 metres
OCTATHLON	UNDER 15 BOYS (New Event)
Day 1 Events	100m, Discus, High Jump, 400m
Day 2 Events	80m Hurdles, Pole Vault, Javelin, 1000 metres
HEXATHLON	UNDER 15 GIRLS (New Event)
Day 1	75m Hurdles, High Jump, Shot
Day 2	Long Jump, Javelin, 800 metres

SUNDAY ONLY

PENTATHLON	U13 Boys and U15 Boys	Hurdles, Shot, LJ, HJ, 800m
PENTATHLON	U13 Girls and U15 Girls	LJ, Hurdles, Shot, HJ, 800m
PENTATHLON	U11 Boys 70m hurdles 55cm height, LJ, 60m Shot, 600m	
PENTATHLON	U11 Girls 70m hurdles 55cm height, LJ, 60m Shot, 600m	

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

Entry fee	Under 11s	£5	
	Under 13s & Under 15s		With EA registration No £5 Not registered £7
	Under 17s and older		With EA registration No £8 Not registered £10

Entries by Monday 2 August PLEASE

Although late entries may be accepted 2nd August is the date on which we decide whether the event has enough entries to run.

Entries to Janet Phillips, 7 Jesmond Road, EXETER EX1 2DG
or hand in at reception in Exeter Harriers Clubhouse

Email janetm.phillips@btinternet.com

Telephone 01392 259040

For entry forms and information updates check Exeter Harriers Website
www.exeterharriers.co.uk

ENTRY FORM FOR EXETER HARRIERS COMBINED EVENTS MEETING

AT EXETER ARENA ON SUNDAY 15 AUGUST 2010 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 31-Aug-10 _____

Date of Birth _____ EA Registration no _____

I wish to enter the UNDER _____ PENTATHLON

PLEASE COMPLETE THE SECTION BELOW SO EVENTS CAN BE SEEDED.

Event	Best performance in 2010
HURDLES	_____
60m (U11)	_____
HIGH JUMP (U13, U15)	_____
LONG JUMP	_____
SHOT	_____
600 METRES (U11)/800 METRES (U13, U15)	_____

I enclose £ _____ 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
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 2 AUGUST 2010 PLEASE ENTER EARLY

**Although late entries may be accepted 2 AUGUST
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 14 AND SUNDAY 15 AUGUST 2010
Saturday First Event 1 pm, Sunday First Event 10.30 am

ENTRY FORM FOR HEXATHLON(U15 GIRLS)
HEPTATHLON (U17 WOMEN, U20 WOMEN, WOMEN, VET WOMEN)
OCTATHLON U15 BOYS AND U17 MEN
AND DECATHLON (U17 MEN, U20 MEN, MEN, MASTERS)

MASTERS WEIGHT EQUIPMENT WILL BE AVAILABLE FOR USE

Surname _____ First Name _____

Address _____

Phone no _____ Club/School _____

Email address _____ Age on 31/08/2010(U17)
31/12/2010 (U20) _____

Date of Birth _____ EA Registration no _____

I wish to enter the _____ Age Group HEXT/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 (U15 & U17 Champs took place with Schools Champs)

PLEASE COMPLETE THE SECTION BELOW SO EVENTS CAN BE SEEDED.

Event	Best performance in 2010	Event	Best performance in 2010
HURDLES	_____	100 /200METRES	_____
HIGH JUMP	_____	JAVELIN	_____
LONG JUMP	_____	DISCUS	_____
SHOT	_____	POLE VAULT	_____
800 /1000/1500 METRES	_____	400 METRES	_____

I enclose £ cash/cheque payable to Exeter Harriers Ltd

Signed _____ Date _____

Signed _____ Parent/Guardian of athlete aged under 18

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Janet Phillips Exeter Harriers 7 Jesmond Road, EXETER EX1 2DG
or hand in to reception at Exeter Harriers Club House

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PROVISIONAL 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 14 AUGUST

TIMETABLE

START TIME (APPROX)	U15 GIRLS HEXATHLON	U15 BOYS OCTATHLON	U17 MEN OCTATHLON	U17 W, WOMEN VET W HEPTATHLON	U17, U20, MEN, VET DECATHLON
1.00		100 METRES	LONG JUMP		100 METRES
1.15	HURDLES			HURDLES	
1.45					LONG JUMP
2.00	HIGH JUMP			HIGH JUMP	
2.15		DISCUS	DISCUS		
3.00					SHOT
3.30	SHOT			SHOT	
3.45		HIGH JUMP			
4.00					HIGH JUMP
4.30			JAVELIN	200 METRES	
5.00					
5.15		400 METRES			
5.30			400 METRES		
5.45					400 METRES

