

EXETER HARRIERS GREAT WEST OPEN MEETING**AT EXETER ARENA****SATURDAY 10 APRIL 2010****ALL RACES WILL BE SEEDED AND DECIDED ON TIME****MEDALS FOR FIRST 3 IN EACH EVENT****PROPOSED TIMETABLE**

FIRST TRACK EVENT 10.45		Lunch Break		FIRST FIELD EVENT 10.15	
10.45	70 m Hurdles U11 Girls 70 m Hurdles U11 Boys 70m Hurdles U13 Girls	2.00 2.05	300m Hurdles U17 Women 400m Hurdles Women 400m Hurdles U17 Men 400m Hurdles Men	10.15	Hammer Men & Women U17 and older LJU15 Boys LJ U17 Men &Men High Jump U17 Women & Women
10.55	75m Hurdles U15 Girls 75m Hurdles U13 Boys	2.20	150 metres U11 Girls 150 metres U11 Boys	11.30	Javelin U13 Girls, U15 Girls, U17 W & Women Shot U17 Men & Men Long Jump U13 Girls High Jump U13 Boys & U15 Boys
11.05	800 metres U17 Women 800 metres Women	2.25	600 metres U13 Girls 600 metres U13 Boys	1.00	Discus U13 Boys, U15 Boys, U17 Men & Men Shot U17 Women & Women High Jump U17 Men & Men
11.15	80m Hurdles U17 Women 80m Hurdles U15 Boys	2.35	400 metres U15 Boys 400 metres U17 Men 400 metres Men 400 metres Women	1.15	Long Jump U15 Girls Long Jump U13 Boys
11.25	800 metres Men 800 metres U17 Men	2.50	300 metres U15 Girls 300 metres U17W	2.00	Discus U 13 Girls, 15 Girls. U17 W & Women
11.35	100m Hurdles Women 100m Hurdles U17 Men	3.00	1200 metres U13 Girls 1200 metres U13 Boys	2.15	High Jump U13 Girls & U15 Girls Long Jump U17 Women & Women Shot U13 Boys & U15 Boys
11.45	800 metres U15 Girls 800 metres U15 Boys	3.15	1500 metres U15 Girls 1500 metres U15 Boys 1500 metres U17 Women 1500 metres Women	2.30	Long Jump U11 Girls & U11 Boys
11.55	110m Hurdles Men	3.35	1500 metres U17 Men 1500 metres Men	3.00	Javelin U17 Men & Men
12.00	60 metres U11 Girls 60 metres U11 Boys	3.40	600 metres U11 Girls 600 metres U11 Boys	3.30	Triple Jump all eligible age groups Shot U13 Girls & U15 Girls
12.05	100 metres U13 Girls 100metres U13 Boys 100 metres U15Girls 100 metres U15 Boys 100 metres U17 Women 100 metres U17 Men 100 metres Women 100 metres Men	3.55 4.05	150 metres U13 Girls 150 metres U13 Boys 200 metres U15 Girls 200 metres U15 Boys 200 metres U17 Women 200 metres U17 Men	4.00	Javelin U13 Boys & U15 Boys
12.30	1500m S/chase U17Women 1500m S/chase U20Women	4.20	200 metres Women 200 metres Men		
12.40	3000/5000m all eligible **				

ORDER OF FIELD EVENTS WILL NOT BE CHANGED

U20, Sen and Masters use correct weight implements but not separate competition ie only 1 set of medals.

NB TIMES OF FIELD EVENTS MAY BE ADJUSTED IF NUMBER OF ENTRIES MAKES THIS NECESSARY

In field events except high jump there will be 4 trials unless the referee decides otherwise.

** ENTER FOR 3000 OR 5000 METRES. RACES WILL BE GRADED AND ORGANISED AS NEEDED

INFORMATION FOR COMPETITORS , TEAM MANAGERS AND PARENTS

PLEASE NOTE England Athletics registration needed for lower entry fee.

WE NEED AS MANY OFFICIALS AND HELPERS AS POSSIBLE

PLEASE VOLUNTEER

Athletes - When you arrive at Exeter Harriers Clubhouse check list on the notice board to find your number
Collect your numbers from the table If your number is not there go to late entries table
Listen to the announcer and report to your event when it is called.

ENTRY FORM FOR EXETER HARRIERS' GREAT WEST OPEN MEETING 2010

AT EXETER ARENA ON SATURDAY 10 APRIL 2010

UNDER UK ATHLETICS COMPETITION RULES

Surname _____ Forename _____

Address _____ **CLUB/School** _____

_____ **England Athletics Registration no** _____

Phone no _____ Email address _____

Date of birth _____ Age on 31 August 2010 _____

Minimum Age 8 yrs on 10.4.2010

Entry fees All under 11 athletes £3 for first event, £2 for each subsequent event

England Athletics Registered Athletes £3 for first event, £2 for each subsequent event

Athletes U13 and older not EA registered £5 for first event, £2 for each subsequent event

I wish to enter the following events

Athletes U17 and younger cannot compete in more than 3 events

Event _____ Best Performance in 2009/2010 _____

I enclose £ _____ Cash/cheque payable to Exeter Harriers Ltd

Signed _____ Date _____

Parent/Guardian of athletes under 18 on the day of the competition **MUST** sign the statement of permission to compete below.

I give permission for _____ to compete in the Great West Open Meeting 2010
He/she is a member of the **Club/School** named above.

Signed _____ (Parent/Guardian) Date _____

Send completed entry forms to Hon Secretary, Great West Open Meeting
7 Jesmond Road, Exeter EX1 2DG or hand in at Exeter Harriers reception desk.

Posted entries must be received by THURSDAY 1 APRIL (remember it is Easter holiday)

Later entries may be accepted if spaces available but may not be seeded

Acknowledgement of entries and final timetable will be sent by email to the address you have given above
If you require acknowledgement by post enclose self addressed label and stamp

I will collect entries at Plymouth warmup meeting.

CLUB/SCHOOL GROUP ENTRY FORM

FOR EXETER HARRIERS' GREAT WEST OPEN MEETING

AT EXETER ARENA ON SATURDAY 11 APRIL 2009

UNDER UK ATHLETICS COMPETITION RULES

Entry fees All under 11 athletes £3 for first event, £2 for each subsequent event
 England Athletics Registered Athletes £3 for first event, £2 for each subsequent event
Athletes U13 and older not EA registered £5 for first event, £2 for each subsequent event

Entries from _____ Club/S Minimum Age 8 yrs on 10.4.2010

If Club membership includes registration but no number received please enter Yes in reg no column

Age Group	Reg no (not U11)	Forename	Surname	Date of Birth	Age on 31.08.2010	Entry Fee
U11G		Ann	Example	05-Apr-00	10	
Events		70 m Hurdles	LJ	60 metres		£7.00
Best Perf 2009/10		15.3	3.99	10.7		
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