

# EXETER HARRIERS GREAT WEST OPEN MEETING

# AT EXETER ARENA

SATURDAY 11 APRIL 2009

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	
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	1.00 Discus U15 Boys, U17 Men & Men Shot U17 Women & Women High Jump U17 Men & Men
11.25	800 metres Men 800 metres U17 Men			1.15 Long Jump U15 Girls Long Jump U13 Boys
11.35	100m Hurdles Women 100m Hurdles U17 Men	2.50	300 metres U15 Girls 300 metres U17W	2.00 Discus U 15 Girls. U17 Women & Women
11.45	800 metres U15 Girls 800 metres U15 Boys	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
11.55	110m Hurdles Men	3.15	1500 metres U15 Girls 1500 metres U15 Boys 1500 metres U17 Women	2.30 Long Jump U11 Girls & U11 Boys
12.00	60 metres U11 Girls 60 metres U11 Boys	3.35	1500 metres Women 1500 metres U17 Men 1500 metres Men	3.00 Javelin U17 Men & Men
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	3.40 3.55 4.05	600 metres U11 Girls 600 metres U11 Boys 150 metres U13 Girls 150 metres U13 Boys 200 metres U15 Girls 200 metres U15 Boys 200 metres U17 Women 200 metres U17 Men	3.30 Triple Jump all eligible age groups Shot U13 Girls & U15 Girls 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

**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

**WE NEED AS MANY OFFICIALS AND HELPERS AS POSSIBLE**

**PLEASE VOLUNTEER**

Athletes - When you arrive at Exeter Harriers Clubhouse check the Collect your numbers from the table Listen to the announcer and report to your event when it is called.

list on the notice board to find your number