

WIGAN AND DISTRICT HARRIERS & A.C
Robin Park Arena, Loire Drive, Wigan WN5 0UH

Spring Open Licenced Meeting

Sunday 14th April 2019

Start times - Field 10.00am (Hammer) & Track 11.00am

List of Events:

Under 11 Boys & Girls – 75m / 600m / LJ

Under 13 Girls - 70mH / 75m / 150m / 800m OR 1200m / LJ / HJ / SP

Under 13 Boys - 75mH / 100m / 200m / 800m OR 1500m / LJ / HJ / SP

Under 15 Girls - 75mH / 100m / 200m / 300m / 800m OR 1500m / LJ / HJ / SP/ DT/ JT / PV/ HT

Under 15 Boys - 80mH / 100m / 200m / 300m / 800m OR 1500m / LJ / HJ / SP / DT / JT / PV / HT

Under 17 Women - 80mH / 300mH/ 100m / 200m / 300m / 800m / 1500m / LJ / HJ / SP / DT / JT / HT / PV / TJ

Under 17 Men - 100mH / 300mH/ 100m / 200m / 400m / 800m / 1500m / LJ / HJ / SP / DT / JT/ HT / PV / TJ

Under 20 Men & Women - 300mH/ 100m / 200m / 400m/ 800m / 1500m / LJ / SP / DT/ JT / HT / PV / TJ

SEN Men & Women - 300mH/ 100m / 200m / 400m / 800m / 1500m / LJ / SP / DT / JT / HT / PV / TJ

Maximum number of events for all age groups except Seniors is three.

Athlete age as at midnight 31st August 2019.

Postal Entry Fees: £5.00 per event (or £10.00 for three events) **Hammer Must Be Pre- Entered**

Entries on the Day: £6.00 per event (or £15.00 for three events) **No Hammer Entries on The Day***

Closing Date for Postal Entries – Friday 29th March 2019.

Cheques should be payable to “Wigan and District Harriers & A.C.”

Additional entry forms and details available on our website: www.wiganharriers.org.uk

ENTRIES ON THE DAY WILL BE ACCEPTED UP TO 12NOON ONLY - FROM THE INDOOR TRACK

Privacy Notice

Wigan and District Harries & AC are committed to protecting and respecting your privacy. For any personal data you provide for the purposes of your entry Wigan Harriers is the Data Controller and is responsible for storing and otherwise processing that data in a fair, lawful, secure and transparent way. We will need to process your data and share your data with England Athletics to enable the publishing of race and competition results on Power of 10 and the Wigan Harriers Website.

Spring Open Licence Meeting Sunday 14th April 2019 - Athlete Entry:

Forename.....Surname.....

Club..... DoB:

Age Group.....M/F.....

Event1.....Event 2.....Event 3.....

Entry Fee..... (Cash Only on the Day)

Signature (Parent or Guardian if under 16).....

Please detach this slip and send it with your payment to the above address.

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OUTLINE TIMETABLE

Track 11.00 am Start - events will follow in the order below.

Track	Approx Times	Age Group
300mH	11am	U17W / U17M / U20W / U20M / SM / SW
1500m		SM / SW / U20M / U20W / U17M / U17W / U15B / U15G / U13B
1200m		U13G
Sprint Hurdles		U17M 100mH / U17W 80mH / U15B 80mH / U15G 75mH / U13B 75mH U13G 70mH
100m		SM / SW / U20M / U20W / U17M / U17W / U15B / U15G / U13B
75m		U11G / U11B / U13G
400m		SM / SW / U20M / U20W / U17M
		BREAK – 10mins
300m		U17W / U15G / U15B
600m		U11G / U11B
800m		U13G / U13B / U15G / U15B / U17W / U17M / U20W / U20M / SW / SM
150m		U11G / U11B / U13G
200m		U13B / U15G / U15B / U17W / U17M / SW / SM / U20W / U20M

Field 10.00am Start

U11 – U15 athletes - Four attempts for each athlete

U17 – Seniors athletes – Four attempts for each athlete and a further two attempts if the standard communicated on the day is reached

Field	Approx Time	Age Group
Hammer	10.00am	SM / U20M / U17M / U15B SW / U20W / U17W / U15G
Long Jump	10.00am	SW / U20W / U17W
Long Jump	10.00am	SM / U20M / U17M
Shot	10.00am	U13G / U13B
High Jump	10.30am	U15B / U15G / U13G / U13B
Long Jump	10.30am	U11G / U11B follows Seniors
Discus		U15G / U17W / U20W / SW follows Hammer
Long Jump		U15B / U15G (follows U11's)
Discus		SM / U20M / U17M / U15B follows women discus
High Jump		U17M / U17W
Shot		U15B / U15G (OUTSIDE SHOT) SM / U20M / U17M / SW / U20M / U17W / U15G
Long Jump		U13G / U13B
Triple Jump	TJ will follow straight after U13'S LJ	SM / SW / U20M / U20W / U17M / U17W
Javelin		SW / U20W / U17W / U15G
Javelin		SM / U20M / U17M / U15B
Pole Vault	Starts 13.00pm	U15B / U15G / U17M / U17W / U20M / U20W / SM / SW