

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 | 1.00 | Discus 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 15 Girls. U17 Women & 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 | 2.30 | Long Jump U11 Girls & U11 Boys | |
| 11.55 | 110m Hurdles Men | 3.35 | 1500 metres Women 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**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.

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 list on the notice board to find your number
 Collect your numbers from the table
 Listen to the announcer and report to your event when it is called.

ENTRY FORM FOR EXETER HARRIERS' GREAT WEST OPEN MEETING 2009

AT EXETER ARENA ON SATURDAY 11 APRIL 2009

UNDER UK ATHLETICS COMPETITION RULES

Surname _____ Forename _____

Address _____ **CLUB/School** _____

Registration number (if known) _____

Phone no _____ Email address _____

Date of birth _____ Age on 31 August 2009 _____

Minimum Age 8 yrs on 11.4.2009

I wish to enter the following events (Entry fee £3.50 for first event, £1.50 for each subsequent event.)

Athletes U17 and younger cannot compete in more than 3 events

| Event | Best Performance in 2008/2009 |
|-------|-------------------------------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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 2009
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 Saturday 4th APRIL

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 fee per athlete £3.50 for first event, £1.50 for each subsequent event

Entries from _____ Club/Schc Minimum Age 8 yrs on 11.4.2009

| Age Group | Forename | Surname | Date of Birth | Age on 31.08.2009 | Entry Fee |
|------------------|-----------------|---------|---------------|----------------------|-----------|
| U11G | Ann | Example | 05-Apr-99 | 10 | £6.50 |
| Events | 70 m Hurdles LJ | | 80 metres | | |
| Best Perf 2008/9 | 15.3 | 3.99 | 13.7 | | |
| | | | | | |
| Events | | | | | |
| Best Perf 2008/9 | | | | | |
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| Best Perf 2008/9 | | | | | |
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| Best Perf 2008/9 | | | | | |
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| Events | | | | | |
| Best Perf 2008/9 | | | | | |

I enclose cheque(s) payable to Exeter Harriers Ltd for _____ Total

All the above athletes are members of _____

The permission of parent/guardian has been obtained in writing for each of the above athletes who are under 18 to compete

Signed _____ Team manager _____ Date _____
 Phone no _____ Email address _____

Entries to Hon Sec Great West Open Meeting, Exeter Harriers Clubhouse, Exeter Arena Summer Lane, EXETER EX4 8
 Posted entries to arrive by Saturday 4th April. 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 accept entries at Plymouth Warmup Meeting

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