**Humber Open Winter Warm Up 2020**

**Saturday 21st March, 2020.**

**Quibell Park, Scunthorpe DN17 1ST**

Under UKA RULES Permit: OUT 20 171

This programme includes events for age groups U11 upwards

U9’S MAY ENTER THE U11 AGE GROUP EVENTS

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| Please read the times as “not before”. Entries will determine our ability to keep to the timings stated |
| **11:30** | 5000m | Junior/Senior Men & Women 1 or 2 races depending on entries |
| **12:00** | 150m | U15B | U15G | U17M | U17W | J/SM | J/SW |  |  |
| **12:30** | 120m | U13B | U13G | U11B | U11G |  |  |  |  |
| **13:00** | 1 Mile | J/SM | J/SW | U17M | U17W | U15B | U15G |  |  |
| **13:15** | 600m | U13B | U13G | U11B | U11G |  |  |  |  |
| **13:30** | 300m | J/SM | J/SW | U17M | U17W | U15B | U15G |  |  |
| **14:00** | 70m | U11B | U11G |  |  |  |  |  |  |
| **14:15** | 75m | U13B | U13G |  |  |  |  |  |
| **14:25** | 80m | J/SM | J/SW | U17M | U17W | U15B | U15G |  |  |
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|  | **Field Programme** |  3 trials for U11, U13, U15 6 trials for U17 J/S |
| **10:00** | **Hammer**All age groups U15 upwards | 1 competition: depending on entries, this may be split into 2 competitions |
| **11:00** | **Long Jump** U11B pit 1 |  | **Long Jump** U11G pit 2 |
| **12:00** | **Long Jump** U13G pit 1 | **Long Jump** U13 B pit 2 | **Shot**  U17 J/SM & W |
| **13:00** | **Vortex** U11B then G | **Shot**  U15 B then G | **Long Jump** U17 J/SM & W |
| **14:00** | **Long Jump** U15B pit 1 | **Shot** U13 B then G | **Long Jump** U15G pit 2 |

The Chief Official in the Track, Field, Timekeeping & Starting would be very pleased to welcome visiting officials & volunteers to their discipline.

Please register with the announcer, who will then guide you to the appropriate chief official.

**HUMBER OPEN MEETING ENTRY FEE IS £7.00 PER COMPETITOR PER NUMBER**

**This fee allows U9, U11, U13, U15 and U17 to enter up to 3 events & J/S unlimited entry.**

**ALL ENTRIES ARE TAKEN ON THE DAY**

**Please complete slip below and hand in at registration for your number.**

**Enquiries to** **d.roberts936@btinternet.com**

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| **No.** | **Name** | **Club** | **Age Grp** | **Date of Birth** | **SchYear** | **England Reg. No.** |
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