

MANSFIELD HARRIERS AND ATHLETIC CLUB

OPEN GRADED MEETING

Saturday 23rd August 2008

BERRY HILL PARK, MANSFIELD

Competitors seeded based on anticipated performance.

All events are mixed – male and female.

All age groups welcome – U'11's to Seniors to Vets

Distances / weights restrictions as per UKA rules

1 - 00 pm	Hammer	U'15 to vets – 4 throws with 6 to top 6 after 4 attempts
1 - 00 pm	Long Jump	pool 1 over 4 meters 50 U'13 to vets - 4 jumps with 6 to top 6 after 4 attempts
1 - 00 pm	400m	U'15 to vets
1 - 15 pm	3,000m	U'15 to vets
1 – 45 pm	80m	U'11s only
1 – 45 pm	High Jump	U'13 to vets - pool 1: starting height 1m 50
2 - 00 pm	100m	U'15 to vets John Tomlinson Trophy to athlete with fastest time
2 - 30 pm	High Jump	U'13 to vets - pool 2: starting height 1m
2 - 45 pm	Javelin	U'15 to vets – 4 throws with 6 to top 6 after 4 attempts
2 - 45 pm	800m	U'13 to vets
2 - 45 pm	Long Jump	pool 2 under 4 meters 50 U'13 to vets - 4 jumps with 6 to top 6 after 4 attempts
3 – 15 pm	600m	U'11s only
3 - 30 pm	200m	U'13 to vets

In all events fastest graded race will compete first

ENTRIES ON DAY ONLY FROM 12 NOON Entry Fee £1-50 per event

No pre entry necessary Just turn up and register Last entry accepted 15 min before start of event. Telephone 01623 - 635991 for more information

www.mansfield-harriers.org