

# MANSFIELD HARRIERS AND ATHLETIC CLUB

## OPEN GRADED MEETING

Saturday 12<sup>th</sup> April 2008

### BERRY HILL PARK, MANSFIELD

All events are mixed. All age groups – U'11's to Vets  
Competitors seeded based on anticipated performance.  
Distances / weights restrictions as per UKA rules

1 - 00 pm	Discus	U'15 to vets – 4 throws
1 - 00 pm	Triple Jump	U'15 to vets – 7m board 4 jumps
1 - 00 pm	300m hurdles	U'15 to vets ladies
1 - 15 pm	400m hurdles	U'15 to vets men
1 - 30 pm	Pole Vault	U'15 to vets – starting height 1m 50
1 - 30 pm	100m	All age groups
2 - 00 pm	One Mile	U'15 to vets
2 - 00 pm	Triple Jump	U'15 to vets – 9m board 4 jumps
2 - 45 pm	400m	U'15 to vets
2 - 45 pm	Shot	U'15 to vets
3 - 00 pm	800m	U'11 and U'13 only
3 - 00 pm	Pole Vault	U'15 to vets – starting height 3m
3 - 00 pm	Triple Jump	U'15 to vets – 11m board 4 jumps
3 - 30 pm	200m	All age groups

In all events fastest graded race will compete first

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

Last entry accepted 15 min before start of event

No pre entry necessary Just turn up and register

Telephone 01623 - 635991 for more information

[www.mansfield-harriers.org](http://www.mansfield-harriers.org)