



**EARLY SEASON OPEN MEETING**  
**Wednesday 6<sup>th</sup> April 2016**  
**Parliament Hill Fields**  
**London NW5 1QR**



All events are open to all age groups (except U-11s whose own events are listed below and where restricted by UKA rules) All events are subject to UKA rules.

**ELECTRONIC TIMING for TRACK EVENTS**  
**ELECTRONIC DISTANCE MEASUREMENT for DISCUS**

**TRACK EVENTS**

**FIELD EVENTS**

(Field events open to all except U11s)

100m	all age groups except U11	Discus
800m	all age groups except U11	High Jump
300m	U15/U17/U20/Seniors	Shot
5000m	U20/Seniors	

AND for U11s Long Jump, 75m, 600m

**TIMETABLE**

5pm	Long Jump (U11)
5.45pm	600m (U11)
6.15pm	75m (U11)
6.30pm	Discus
6.45pm	100m
7pm	High Jump
7.30pm	800m
8pm	300m
8pm	Shot
8.20pm	5000m

**On-Line Entry & Payment Only - No Entries on the night**

**Entry Fees**

Members of Highgate Harriers – £3 per event  
Other entrants £5 per event  
Under 11's - £1 per event

The total number of entries for each event will be limited. You are strongly advised to enter as soon as possible using the link from our website (below). Entries will close when event is full or otherwise at midnight on 3<sup>rd</sup> April 2015.

[www.highgateharriers.org.uk](http://www.highgateharriers.org.uk)