



LATE SEASON OPEN MEETING
Thursday 8th September 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
1500m	all age groups except U11	Long Jump
400m	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	Long Jump
7.30pm	1500m
8pm	400m
8pm	Shot
8.20pm	5000m

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

Entry Fees
£5 per event
Under 11's - £1

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 Sunday 4th September 2016.

www.highgateharriers.org.uk