

WATFORD OPEN MEETING – All meetings take place at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**).

Note pre-entries are required for all field events.

For all information and 'On the Day entry form' please use this link

<http://www.watfordharriers.org.uk/oldsite/indexnc.htm> then select Watford Open Graded Meetings at the top

For all information on BMC races please use this link

<http://britishmilersclub.com/fixtures/bmcfixtures.aspx>

Wednesday 5 April.

Events **7.00pm** 100m, **7.20pm** 1 Mile, **7.45pm** Long Jump, **8.20pm** 200m, **8.50pm** 3000m.

Wednesday 19 April.

Events **7.00pm** 200m, **7.15pm** High Jump, **7.30pm** 400m No U13s, **8.00pm** 800m, **9.00pm** 3000m.

Wednesday 3 May.

Events **7.00pm** 100m, **7.15pm** Triple Jump, **7.30pm** BMC, **8.05pm** 1500m No times over 5m 30s, **9.15pm** 3000m.

Wednesday 17 May.

Events **7.00pm** 400m No.U13s, **7.15pm** Pole Vault up to 3.5m, **8.00pm** 800m No times over 2m 45s.

Wednesday 31 May.

Events **7.00pm** 100m, **7.15pm** Pole Vault From 3.5m, **7.30pm** 1500m No times over 5m 30s, **9.15pm** 3000m No times over 11 00s.

Wednesday 14 June.

Events **7.00pm** 200ms, **7.15pm** Shot, **7.30pm** BMC, **8.00pm** 800m No times over 2m 45s.

Wednesday 28 June.

Events **7.00pm** 100m, **7.15pm** Long Jump, **7.30pm** 1500m No times over 5m 30s, **9.15pm** 3000m No times over 11m 00s.

Wednesday 12 July.

Events **7.00pm** 400m No U13s, **7.15pm** High Jump, **7.30pm** BMC, **8.00pm** 800m No times over 2m 45s.

Wednesday 26 July.

Events **7.00pm** 200m, **7.15pm** Triple Jump, **7.30pm** 1500m No times over 5m 30s, **9.15pm** 3000m No times over 11m 00s.

Wednesday 9 August.

Events **7.00pm** 100m, **7.15pm** Shot, **7.30pm** BMC, **8.00pm** 800m No times over 2m 45s.

Wednesday 23 August.

Events **7.00pm** 200m, **7.15pm** Long Jump, **7.30pm** 400m No U13s, **8.05pm** 1500m No times over 5m 30s, **9.30pm** 3000m No times over 11m 00s.

Wednesday 6 September.

Events **7.00pm** 200m, **7.15pm** High Jump, **7.30pm** 100m, **8.00pm** 800m, **9.15pm** 3000m.

CRYSTAL PALACE OPEN MEETING – Takes place at Crystal Palace National Sports Centre, Ledington Road, London (**Satnav SE19 2BB**).

Online registration click **Here**. For more information, email **Mick Barlow** or call 07966 647 715.

Online entry: £4 single event, £6 multiple events - On day entry: £5 single event, £7 multiple events

Wednesday 10 May, Monday 5 June and Monday 3 July

Events to be included: 75m (lower age groups), 100m, 200m, 400m, 800m, Mile - All age groups.

LEE VALLEY SPRINTS MEETING – All meetings take place at the Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £5 per race, please enter yourself by using the following link – <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>

Wednesday 26 April.

Events **7.00pm** 100m Round 1, **8.15pm** 200m and 100m Round 2

Wednesday 24 May.

Events **7.00pm** 100m Round 1, **8.15pm** 100m Round 2

Wednesday 7 June.

Events **7.00pm** 100m Round 1, **8.15pm** 200m and 100m Round 2

Wednesday 21 June.

Events **7.00pm** 100m Round 1, **8.15pm** 100m Round 2

Wednesday 5 July.

Events **7.00pm** 100m Round 1, **8.15pm** 200m and 100m Round 2

Wednesday 2 August.

Events **7.00pm** 100m Round 1, **8.15pm** 100m Round 2

Wednesday 16 August.

Events **7.00pm** 100m Round 1, **8.15pm** 200m and 100m Round 2

Wednesday 30 August.

Events **7.00pm** 100m Round 1, **8.15pm** 100m Round 2

Wednesday 13 September.

Events **7.00pm** 100m Round 1, **8.15pm** 200m and 100m Round 2

Four Fest Saturday 24 June.

Event 400m

This is the link for the 400m event -

<https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/#fourfest>