

WATFORD OPEN MEETING – Takes place on **Wednesday 4 April** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/Events **7.00pm** 100m, **7.20pm** 1500m, **7.45pm** Long Jump, **8.20pm** 200m, **8.50pm** 3000m.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 18 April** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

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

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 2 May** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/Events **7.00pm** 100m, **7.15pm** Shot, **7.30pm** BMC, **8.05pm** 1500m No Times Over 5m 30s, **9.15pm** 3000m.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 16 May** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/Events **7.00pm** 400m No U13s, **7.15pm** Triple Jump, **7.30pm** 200m, **8.00pm** 800m No Times Over 2m 45s.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 30 May** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/Events **7.00pm** 100m, **7.15pm** High Jump, **7.30pm** 1500m No Times Over 5m 30s, **9.15pm** 3000m No Times Over 11m 00s.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 13 June** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/Events **7.00pm** 200m, **7.15pm** Shot, **7.30pm** BMC, **8.05pm** 800m No Times Over 2m 45s.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 27 June** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/Events **7.00pm** 100m, **7.15pm** Long Jump, **7.30pm** 1500m No Times Over 5m 30s, **9.15pm** 3000m No Times Over 11m 00s.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 11 July** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/Events **7.00pm** 400m No U13s, **7.15pm** High Jump, **7.30pm** BMC, **8.05pm** 800m No Times Over 2m 45s.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 25 July** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/Events **7.00pm** 200m, **7.15pm** Triple Jump, **7.30pm** 1500m No Times Over 5m 30s, **9.15pm** 3000m No Times Over 11m 00s.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 8 August** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/Events **7.00pm** 100m, **7.15pm** Shot, **7.30pm** BMC, **8.05pm** 800m No Times Over 2m 45s.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 22 August** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

Timetable/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.

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

WATFORD OPEN MEETING – Takes place on **Wednesday 5 September** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road (**Satnav WD5 0NR**) approx 1100 metres which is a continuation of Horseshoe Lane.

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

PLEASE NOTE: There are no entries on the day this year, for all information including entering yourself online please use this link - <http://www.watfordathletics.co.uk/Whogm/OpenindexF.htm>

LEE VALLEY SPRINTS MEETING – Takes place on **Wednesday 25 April** at Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £6 per race, £7 on the day. Timetable **7.00pm** 100m and 200m.

PLEASE NOTE: For all information including entering yourself online please use this link - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>

LEE VALLEY SPRINTS MEETING – Takes place on **Wednesday 23 May** at Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £6 per race, £7 on the day. Timetable **7.00pm** 100m.

PLEASE NOTE: For all information including entering yourself online please use this link - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>

LEE VALLEY SPRINTS MEETING – Takes place on **Wednesday 6 June** at Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £6 per race, £7 on the day.

Timetable **7.00pm** 100m and 200m.

PLEASE NOTE: For all information including entering yourself online please use this link - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>

LEE VALLEY SPRINTS MEETING – Takes place on **Wednesday 20 June** at Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £6 per race, £7 on the day. Timetable **7.00pm** 100m.

PLEASE NOTE: For all information including entering yourself online please use this link - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>

LEE VALLEY SPRINTS MEETING – Takes place on **Wednesday 4 July** at Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £6 per race, £7 on the day. Timetable **7.00pm** 100m and 200m.

PLEASE NOTE: For all information including entering yourself online please use this link - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>

LEE VALLEY SPRINTS MEETING – Takes place on **Wednesday 18 July** at Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £6 per race, £7 on the day. Timetable **7.00pm** 100m.

PLEASE NOTE: For all information including entering yourself online please use this link - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>

LEE VALLEY SPRINTS MEETING – Takes place on **Wednesday 1 August** at Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £6 per race, £7 on the day. Timetable **7.00pm** 100m and 200m.

PLEASE NOTE: For all information including entering yourself online please use this link - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>

LEE VALLEY SPRINTS MEETING – Takes place on **Wednesday 15 August** at Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £6 per race, £7 on the day. Timetable **7.00pm** 100m.

PLEASE NOTE: For all information including entering yourself online please use this link - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>

LEE VALLEY SPRINTS MEETING – Takes place on **Wednesday 29 August** at Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London (**Satnav N9 0AR**). Cost is £6 per race, £7 on the day. Timetable **7.00pm** 100m and 200m.

PLEASE NOTE: For all information including entering yourself online please use this link - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/sprints-meetings/>