



EARLY SEASON OPEN MEETING
Wednesday 8th April 2020
Parliament Hill Fields
London NW5 1QR



ELECTRONIC TIMING for TRACK EVENTS
AND ELECTRONIC DISTANCE MEASUREMENT (EDM) for DISCUS

All events are subject to UKA rules

TRACK EVENTS

| | |
|-------|---------------------------|
| 100m | all age groups except U11 |
| 800m | all age groups except U11 |
| 300m | U15/U17/U20/Seniors |
| 5000m | U20/Seniors |

FIELD EVENTS

| |
|-----------|
| Discus |
| High Jump |
| Shot |

AND for U11s Long Jump, 75m, 600m

TIMETABLE

| | |
|--------|-----------------|
| 5pm | Long Jump (U11) |
| 5.40pm | 600m (U11) |
| 6.00pm | 75m (U11) |
| 6.30pm | Discus |
| 6.45pm | 100m |
| 7pm | High Jump |
| 7.20pm | 800m |
| 7.40pm | 300m |
| 8pm | Shot |
| 8pm | 5000m |

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

Entry Fees

£5 per event except under 11 £2 per event*

*(Highgate Harriers Members use code HIGHGATE at checkout for a £1 discount 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 Sunday 5th April 2020.

www.highgateharriers.org.uk