

Hi All,

Below are the details of the 12 Watford Open Graded Meetings scheduled for 2016, and over the past few years has been well attended by Shaftsbury athletes.

Please be aware of the parking restrictions in Woodside Park as traffic wardens are likely to be present. We do not have use of the local schools for parking this year due to construction of new buildings and we advise athletes to share transport where possible.

There is an overflow car park prior to the main entrance on Horseshoe Lane if you are travelling up from the A405/Garston but we cannot guarantee if there are spaces.

Nearest large car park if the facility car parks are full is the Leavesden Country Park off College road WD5 0NR (approximately 1100 metres) which is a continuation of Horseshoe Lane.

Entry costs at Wednesday Meetings £5 for one event, £7 for two or more events, entries from 5.30pm, there may be separate desks for different events. Note; Discus, Javelin and Hammer are currently not included. Pre-Entries are required for all Field Events

Please use this link to the Watford Harriers website <http://www.watfordharriers.org.uk/indexnc.htm> then select Watford Open Graded Meetings at the top of the page. Once you are in the open meeting section, you can see the full information including any late changes. Also you can print off the '**On the Day Entry Form**'

**Wednesday 6 April – 7.00pm** 100m, **7.15pm** Shot, **7.20pm** 1500m, **7.45pm** Long Jump, **7.50pm** 200m, **8.10pm** 800m, **8.50pm** 3000m.

**Wednesday 20 April – 7.00pm** 200m, **7.15pm** High Jump, **7.30pm** 400m no U13s, **8.00pm** 800m, **9.00pm** 3000m

**Wednesday 4 May – 7.00pm** 100m, **7.15pm** Triple Jump, **7.30pm** 1500m no times over 5m 30s, **9.15pm** 3000m no times over 11m 0s.

**Wednesday 18 May – 7.00pm** 400m, **7.15pm** Pole Vault up to 3.5m, **7.30pm** BMC, **8.00pm** 800m no times over 2m 45s

**Wednesday 1 June – 7.00pm** 100m, **7.15pm** Pole Vault from 3.5m, **7.30pm** 1500m no times over 5m 30s, **9.15pm** 3000m no times over 11m 0s.

**Wednesday 15 June – 7.00pm** 200m, **7.15pm** Shot, **7.30pm** BMC, **8.05pm** 800m no times over 2m 45s.

**Wednesday 29 June – 7.00pm** 100m, **7.15pm** Long Jump, **7.30pm** 1500m no times over 5m 30s, **9.15pm** 3000m no times over 11m 0s.

**Wednesday 13 July – 7.00pm** 400m no U13s, **7.15pm** High Jump, **7.30pm** BMC, **8.05pm** 800m no times over 2m 45s.

**Wednesday 27 July – 7.00pm** 200m, **7.15pm** Triple Jump, **7.30pm** 1500m no times over 5m 30s, **9.15pm** 3000m no times over 11m 0s.

**Wednesday 10 August – 7.00pm** 100m, **7.15pm** Shot, **7.30pm** 400m, **8.05pm** 800m no times over 2m 45s

**Wednesday 24 August – 7.00pm** 200m, **7.15pm** Long Jump, **7.30pm** BMC, **8.00pm** 1500m no times over 5m 30s, **9.15pm** 3000m no times over 11m 0s.

**Wednesday 7 September – 7.00pm** 200m, **7.15pm** High Jump, **7.30pm** 100m, **8.00pm** 800m, **9.15pm** 3000m