



**EARLY SEASON OPEN MEETING**  
**Wednesday 4<sup>th</sup> April 2018**  
**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**

**FIELD EVENTS**

(Field events open to all except U11s)

100m	all age groups except U11	Discus
800m	all age groups except U11	High Jump
300m	U15/U17/U20/Seniors	Shot
5000m	U20/Seniors	

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
7.30pm	800m
8pm	300m
8pm	Shot
8.20pm	5000m

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

**Entry Fees**

£5 per event except under 11 £2 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 1<sup>st</sup> April 2018.

**[www.highgateharriers.org.uk](http://www.highgateharriers.org.uk)**