

# WIGAN And DISTRICT HARRIERS & A.C

## Arnold Seddon Open Licence Meeting at Robin Park Arena

Sunday 16<sup>th</sup> September 2018 – Start Field 10.00am & Track 11.00am

### List of Events:

Under 9 & Under 11 Boys & Girls – 75m / 150m / 600m / LJ

Under 13 Girls - 70mH / 75m / 150m / 800m OR 1200m / LJ / HJ / SP / Jav

Under 13 Boys - 75mH / 100m / 200m / 800m OR 1500m / LJ / HJ / SP / Jav

Under 15 Girls - 75mH / 100m / 200m / 300m / 800m OR 1500m / LJ / HJ / SP / DT / JT\* / PV / HT /

Under 15 Boys - 80mH / 100m / 200m / 400m / 800m OR 1500m OR 3000m / LJ / HJ / SP / DT / JT\* / PV / HT

Under 17W - 80mH / 100m / 200m / 300m / 800m / 1500m / 3000m / LJ / HJ / SP / DT / JT\* / HT / PV / TJ\*

Under 17M - 100mH / 100m / 200m / 400m / 800m / 1500m / 3000m / LJ / HJ / SP / DT / JT\* / HT / PV / TJ\*

Under 20W - 100mH / 100m / 200m / 400m / 800m / 1500m / 3000m / LJ / HJ / SP / DT / JT\* / HT / PV / TJ\*

Under 20M - 110mH / 100m / 200m / 400m / 800m / 1500m / 3000m / LJ / HJ / SP / DT / JT\* / HT / PV / TJ\*

SEN Women - 100mH / 100m / 200m / 400m / 800m / 1500m / 3000m / LJ / HJ / SP / DT / JT\* / HT / PV / TJ\*

SEN Men - 110mH / 100m / 200m / 400m / 800m / 1500m / 3000m / LJ / HJ / SP / DT / JT\* / HT / PV / TJ\*

\*TRIPLE JUMP & JAVELIN competition will not start any earlier than 14.30PM

### Maximum number of events for all age groups except Senior is three.

Athlete age as at midnight 31<sup>st</sup> August 2018.

Postal Entry Fees: £5.00 per event (or £10.00 for three events) **Hammer Must Be Pre Entered**

Entry on the Day: £6.00 per event (or £15.00 for three events) **No Hammer Entries on The Day\***

**Closing Date for Postal Entries – Friday 7<sup>th</sup> September 2018.**

Cheques should be payable to "Wigan and District Harriers & A.C."

Additional entry forms and details available on our website: [www.wiganharriers.org.uk](http://www.wiganharriers.org.uk)

**Please Note Parking is Now Pay & Display levied by the Local Authority – Not Wigan Harriers**

ENTRY ON THE DAY BEFORE 12PM WILL BE FROM THE INDOOR TRACK

ENTRY ON THE DAY AFTER 12PM WILL BE FROM THE RESULTS ROOM UPSTAIRS

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### Spring Open Licence Meeting Sunday 16<sup>th</sup> September 2018

#### Athlete Details:

Forename.....Surname.....

Club.....DOB.....

Age Group.....M/F.....

Event1.....Event 2.....Event 3.....

Entry Fee.....Cash Only on the Day

Signature (Parent or Guardian if under 16).....

Please detach this slip and send it with your payment to:

Wigan Harriers, Robin Park Arena, Loire Drive, Wigan, WN5 0UH

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**Arnold Seddon Open Licence Meeting Sunday 16<sup>th</sup> September 2018**  
**OUTLINE TIMETABLE**

**Track 11.00 am Start**

<b>Track</b>	<b>Approx Time</b>	<b>Age Group</b>
Sprint Hurdles	11.00am start 70m	U13G (70m) / U15G (75m) / U13B (75m) / U17G (80m) / U15B (80m) / U20W & SenW (100m) / U17B (100m) / U20M (110m) / SenM (110m)
1200m		U13G
1500m		SM / SW / U20M/ U20W / U17M / U17W / U15B / U15G / U13B
100m		SM / SW / U20M / U20W / U17M / U17W / U15B / U15G / U13B/ U13G
75m		U9G / U9B / U11G / U11B / U13G
400m		SM / U20M / U17M / U15B / SW / U20W
300m		U17W / U15G
600m		U9G / U9B / U11G / U11B
800m		U13G / U13B / U15G / U15B / U17W / U17M / U20W / U20M / SW / SM
3000m		SM/ U20M / U17M / U15B/SW / U20W / U17W
200m		U13B / U15G / U15B / U17W / U17M / SW / SM / U20W / U20M
150m		U9G / U9B / U11G / U11B / U13G

**Field 10.00am Start**

<b>Field</b>	<b>Approx Time</b>	<b>Age Group</b>
Hammer	10.00am	SM / U20M / SW / U20W / U17M / U17W / U15B / U15G
Long Jump	10.30am	U9G / U9B / U11G / U11B / U13B / U13G
High Jump	11.00am	SM / U20M / SW / U20W / U17M / U17W / U15B / U13B U15G/U13G
Discus		U15G / U17W / U20W / SW
Long Jump		U15B / U15G
Discus		SM / U20M / U17M / U15B
Shot		U15B / U13B / U13G / SM / U20M / U17M / SW / U20M / U17W/U15G
Long Jump		U17W / U20W / SW
Long Jump		U17M / U20M / SM
Triple Jump	14.30pm at the Earliest	SM / SW / U20M / U20W / U17M / U17W /
Javelin	14.30pm at the Earliest	SW / U20W / U17W
Javelin	14.30pm at the Earliest	SM / U20M / U17M / U15B
Javelin	14.30pm at the Earliest	U15G
Pole Vault	Starts 13.00pm	U15B / U15G / U17M / U17W / U20M / U20W / SM / SW