

# MANSFIELD HARRIERS AND ATHLETIC CLUB

## OPEN GRADED MEETING

**Sunday 2nd September 2007**

**BERRY HILL PARK, MANSFIELD**

All events are mixed. All age groups – U'11's to Vets  
Competitors seeded based on anticipated performance.  
Distances / weights restrictions as per UKA rules

<b>11 – 00 am</b>	<b>Hammer</b>	<b>U'17 to vets – 4 throws</b>
<b>11 - 15 am</b>	<b>400 m</b>	<b>U'15 to vets</b>
Races graded	- sub 52 secs 55 secs	60 secs 65 sec 70 sec
<b>11 - 15 pm</b>	<b>High Jump</b>	<b>Pool A All age groups</b>
	Pool A rising bar from 1- 00 meter	
<b>11 - 15 am</b>	<b>Triple Jump</b>	<b>All age groups from U'15 up – 4 jumps</b>
	Jumps off 7m, 9m and 11m boards starting with 11m and coming down	
<b>11 - 30 am</b>	<b>3,000 m</b>	<b>All age groups except U'11s and U'13 girls</b>
Races graded	- sub 9 mins15	sub 11-00 mins over 11 -00 mins
<b>12 noon</b>	<b>100 m</b>	<b>All age groups</b>
Races graded	- sub 11 secs 1 2 secs	13 secs 14 sec 15 sec 15 sec plus
<b>12 - 15 pm</b>	<b>High Jump</b>	<b>Pool B All age groups</b>
	Pool B rising bar from 1- 60 m	
<b>12 - 30 pm</b>	<b>Javelin</b>	<b>All age groups U'13s up – 4 throws</b>
<b>12 – 45 pm</b>	<b>800 m</b>	<b>All age groups</b>
Races graded	- sub 1-55 2-00 2-08	2-15 2-25 2-30 2-45 3-00 3-00 plus
<b>1 - 30 pm</b>	<b>200 m</b>	<b>All age groups</b>
Races graded	- sub 23 secs 24 secs	25 secs 28 sec 30 sec 30 plus

In all events fastest graded race will compete first

### **ENTRIES ON DAY ONLY FROM 9-30 AM**

**Last entry accepted 15 min before start of event**

**No pre entry necessary Just turn up and register**

**Entry Fee only £1-50 per event**

Telephone 01623 - 635991 for more information

**[www.mansfield-harriers.org](http://www.mansfield-harriers.org)**