

**KINGSTON UPON HULL ATHLETIC CLUB  
PRESENT THEIR SPRING OPEN MEETING  
AT THE COSTELLO STADIUM HULL  
12 April 2009  
Field Events from 10.00 – Track 10.00am.  
(Under U.K.A. rules)**

EVENTS WILL BE AGE GROUP BLOCKED ( *There will be sufficient time between U11/U13 events so those wishing to enter a sprint and a distance race can do so*)

**Refreshments available.**

**£100 Cash prize for the winners of the J/S Men and Womens 100m, 1mile, Hammer.**

**U11 Girls and Boys**

60m. 150m. 600m. Long Jump.

**U13 Girls and Boys**

80m. 150m. 800m. Long Jump,

**U15 Girls and Boys**

100m. 200m. 800m. 75m(g) hurdles, 80m(b) hurdles, High Jump, Long Jump, Shot, , pole vault.

**U17 men and women**

100m 200m 400m(m) 300m(w) 80m(w) hurdles 100m(m) hurdles 1500 Metres, High Jump, Long Jump, Shot, Hammer, pole vault.

**Junior Senior Men and Women**

100m 200m 400m 1 mile, High Jump, Long Jump, Shot, Javelin 400m wheelchair Hammer by invitation only

Medals to the first 3 in each event NO ENTRIES ON THE DAY  
£4 for 1 event, £5 for 2 events, £6 for 3 events

**Cheques payable to KUHAC** - *supply Email address for confirmation*

Address for entries: Mrs K Lonsdale, 20 St Michaels Drive, Hedon, E. Yorkshire,  
HU12 8QG 01482 890030

**CLOSING DATE Saturday 4th April 09**

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**Name** ..... **Club** .....

**Address** ..... **Date of Birth** .....**Age grp** .....

..... **Events:-** 1.  
2.  
3.

**Tel No:**

**Email address** .....