

NOTES

- Track events will be seeded according to performance not age group.
- The Grand Prix events on 28th May for Senior, U20 and U17 Athletes will start at the times shown. The 400M and 3000M events on 28th May are for Grand Prix competitors only. The 400M on 28th May is for Senior and U20 Men and Women and U17 Men and the 300M is for U17 Women only.
- Start times for all events except the Grand Prix events on 28th May are conditional on the level of entries received but will follow the programme order. The promoters reserve the right to change the start times with all changes being announced on the day of the event
- Competition is for male and female athletes from Under 11 to Veterans and age groups are those in which athletes compete during Season 2008. Competitors must be at least 9 years old on the day of the meeting.
- U11 and U13 athletes may not compete in the 300M, 400M, Triple Jump or any event exceeding 1500M
- U15 athletes may not compete in the 5000M
- U11, U13 and U15 athletes may not compete in more than one race of 600M or over on the same day
- U11, U13, U15 and U17 athletes may not compete in more than 3 events on the same day and U20 athletes may not compete in more than 5 events on the same day
- Registration will open at 6pm for all meetings. Entries will close 30 minutes before each event and at 7.30pm for all events.
- When two 100m races are scheduled athletes may run the two races for the price of one. Athletes may also run only one race (1st or 2nd as requested) Please mark clearly on entry.
- The 400M races on 30th April and 27th August are for male competitors in age groups U15 upwards and female competitors in age groups U20 upwards. **300M races are for female competitors in U15 and U17 age groups only.** The 800M races on 25th June, 30th July and 27th August are for competitors in age groups U15 upwards. **The 600M races on these dates are for age groups U11 and U13 only.**
- All competitors will receive three attempts at horizontal jumps & throwing events. Then the top 6 males and top 6 females (irrespective of age group) will receive a further 3 attempts at the Field Judge's discretion.
- Entry Fee is £2 per event.

PROGRAMME - LINWOOD OPEN GRADED SERIES 2008

Wednesday 30th April 2008

Track	Start time		Field	Start Time
100M	7pm		Long Jump	7pm
400M/300M	7.35pm		Discus	7pm
1500M	7.55pm		Shot Putt	7.45pm
200M	8.20pm		High Jump	7.45pm
5000M	8.45pm			

Wednesday 28th May 2008

Track	Start time	Age Groups	Field	Start Time
100M Grand Prix	7pm	Sen, U20, U17	Shot Putt Grand Prix	7pm
100M Open	7.25pm	U11, U13, U15	Shot Putt Open	7.40pm
800M Grand Prix	7.50pm	Sen, U20, U17	High Jump Grand Prix	7pm
800M Open	8.10pm	U11, U13, U15	High Jump Open	7.40pm
400M/300M Grand Prix	8.25pm	400 - Sen, U20, U17M 300 – U17W	Discus Grand Prix	8.10pm
3000M Grand Prix	8.40pm	Sen, U20, U17	Discus Open	8.35pm

Wednesday 25th June 2008

Track	Start time		Field	Start Time
100M – 1st	7pm		Javelin	7pm
1500M	7.30pm		Triple Jump	7pm
100M- 2nd	8pm		High Jump	7.45pm
800M/600M	8.30pm		Shot Putt	7.45pm
3000M	8.50pm			

Wednesday 30th July 2008

Track	Start time		Field	Start Time
100M	7pm		Javelin	7pm
800M/600M	7.35pm		High Jump	7pm
200M	8pm		Shot Putt	7.45pm
1500M	8.30pm		Long Jump	7.45pm

Wednesday 27th August 2008

Track	Start time		Field	Start Time
800M/600M	7pm		Discus	7pm
100M	7.30pm		Long Jump	7pm
400M/300M	8pm		Shot Putt	7.45pm
1500M	8.20pm		High Jump	7.45pm
5000M	8.50pm			