

Local Open 1
Sunday 21st April 2024
Prince of Wales Stadium

Please note that athletes can arrive at any time they wish during the event

Timetable

9:45am	First arrivals and warm up					
	<u>Track</u>		<u>Field</u>			
10:15am	600m	U10 Girls	Vortex	U12 Girls		
10:30am	600m	U10 Boys	Vortex	U12 Boys		
10:45am	800m	U12 Girls	Vortex	U10 Girls	Vortex	U14 Girls
10:45am	800m	U14 Girls	Vortex	U10 Boys	Vortex	U14 Boys
11am	800m	U12 Boys	Long Jump	U12 Girls		
11am	800m	U14 Boys	Long Jump*	U12 Boys		
11:10am	55mH	U10 Girls				
11:30am	60mH	U10 Boys	Long Jump	U10 Girls		
11:50am	70mH	U12 Girls	High Jump	U14 B&G	High Jump	U12 B&G
12:10pm	75mH	U12 Boys	Shot Put	U14 B&G		
12:30pm	1200m	U12 B&G	Speed bounce	U12 B&G	Long Jump	U10 Boys
12:40pm	1500m	U14 B&G				
12:50pm	60m	U10 Girls	Speed bounce	U10 B&G		
1pm	60m	U10 Boys	Long Jump	U14 B&G		
1:15pm	100m	U12 Girls				
1:30pm	100m	U12 Boys				
1:40pm	100m	U14 B&G				
2pm	Finish and go home					

Presentations for the first 3 overall in each event will be made throughout the day

**If enough helpers to use both pits then will be able to start at the time of the girls event*

Orange events are U14 - School Years 7 and 8 ONLY

Black events are U12 - School Years 5 and 6 ONLY

Purple events are U10 - School Years 3 and 4 ONLY

£8 for first event and £2 for subsequent events

Please pay to Elliot Prince, sort code 20 20 15 a/c 03154130

REF: LKOpen1AthleteInitialSurname

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U10 events	U12 events	U14 events
60m	100m	100m
600m	800m	800m
	1200m	1500m
55/60mH	70/75mH	
Vortex	Vortex	Vortex
Long Jump	Long Jump	Long Jump
	High Jump	High Jump
Speed bounce	Speed bounce	
		Shot Put

NU Starz should pay £3 less if the competition falls on their tra

Entry is a £2 charity donation per family unless one or more family n

**Please note that medals are for the first 3 in each event and
 Where there are too many competitors for one race, time
 In these situations, the fastest 3 athletes overall will recei**

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NU Starz should pay £3 less if the competition falls on their training day.

