



DARTFORD HARRIERS OPEN MEETINGS

11th June 2010

6.30 pm	U/13	150m	6.30 pm	All ages	High Jump (min. Start height 1.05)
6.40 pm	U/15	150m			
6.50 pm	U/17 & 20	150m	7.00 pm	All ages	Shot Put (min. 4 trials)
7.05 pm	Sen & Masters	150m			
7.30 pm	U/15,17 & 20	1 mile	8.00 pm	All ages	Discus (min. 4 trials)
7.40 pm	Sen & Masters	1 mile			
8.00 pm	All ages again	150m (2 nd trial)			
8.20 pm	U/20 +	5000m			

16th July 2010

6.30 pm	U/13	100m	6.40 pm	All ages	Pole Vault
6.40 pm	U/15	100m			
6.50 pm	U/17 & 20	100m	7.15 pm	All ages	Hammer (min. 4 trials)
7.00 pm	Sen & Masters	100m			
7.20 pm	U/13, 15 & 17	200m hurdles	7.30 pm	All ages	Long Jump (min. 4 trials)
7.50 pm	U/20 +	200m hurdles			
8.15 pm	All ages again	100m (2 nd trial)			

20th August 2010

6.30 pm	U/13	200m	6.30 pm	All ages	High Jump (min. Start height 1.05)
6.45 pm	U/15 & 17	300m	6.40 pm	All ages	Javelin (min. 4 trials)
7.05 pm	U/20	400m			
7.15 pm	Sen & Masters	400m	7.40 pm	All ages	Long Jump (min. 4 trials)
7.35 pm	U/17 +	1 mile			
8.00 pm	U/20 +	10,000m	8.00 pm	All ages	Shot Put (min. 4 trials)

**Entries taken on the day, £3.00 for the 1st event and £2.00 for additional events.
Please register 30 minutes before the event.**

COMPETITION UNDER UKA RULES

We welcome spectators and a full cafeteria will be available on the evenings.