



CHELTENHAM AND COUNTY HARRIERS

MIDSUMMER OPEN GRADED MEETINGS

Wednesdays July 2009 (not 29th)

All ages from 11 years to Masters

Prince of Wales Stadium CHELTENHAM GL50 4RN

(Under UK Athletics rules)

[Entry on the night](#)



TRACK

FIELD

Wed 1st July

7.00 pm **400m H** (JL, SL, U/17M, JM, SM)
300m H (U/17G)
 7.10 pm **800m** (All ages)
 7.30 pm **200m** (All ages)
 8.15 pm **300m/400m** (All ages, no U13/15/17G 400m,
 no U13B 400m)

7.00 pm **Pole Vault** (U15 upwards, M&W)
 7.00 pm **Javelin** (All ages, M&W)
 8.00 pm **Triple Jump** (Under 17 upwards M&W)

Wed 8th July

7.00 pm **75m H** (U/15G)
80m H (U/15B, U/17G)
100m H (JL, U/17M)
110m H (JM, SM)
 7.10 pm **600m** (All ages)
 7.30 pm **200 m** (All ages)
 7.50 pm **1200m** (U/13G)
1500m (U/13B, /15G and over)
 8.15 pm **100 m** (All ages)

7.00 pm **Javelin** (All ages, M&W)
 7.00 pm **Shot putt** (All ages, M&W)
 8.00 pm **Discus** (All ages, M&W)

Wed 15th July

7.00 pm **400m H** (JL, SL, U/17M, JM, SM)
300m H (U/17G)
 7.10 pm **800 m** (All ages)
 7.30 pm **300/400 m** (All ages, no U17G 400m,
 no U13B 400m)
 7.50 pm **1200 m** (U/13G)
1500m (U/13B, /15G and over)
 8.15 pm **150m** (All ages)

7.00 pm **Pole Vault** (U/15 upwards, M&W)
 7.00 pm **Hammer** (All ages, M&W)
 8.00 pm **High Jump** (All ages, M&W)

Wed 22nd July

7.00 pm **75m H** (U/15G)
80m H (U/15B, U/17G)
100m H (JL, U/17M)
110m H (JM, SM)
 7.15 pm **800 m** (All ages)
 7.30 pm **200 m** (All ages)
 7.50 pm **Mile** (U15s and over)
 8.05 pm **100 m** (All ages)

7.00 pm **Hammer** (U/15 upwards, M&W)
 7.00 pm **Long Jump** (All ages, M&W)
 8.00 pm **Shot** (All ages, M&W)

Entries on the Night: Senior £5 U13, U15, U17, U20 £3 All subsequent events for all ages £1.

Events will be run in the order given above as close to the times given, depending on entries

Masters Age Categories will be shown in the results.

Throws/Jumps: each athlete will have 3 throws/jumps, with the top 6 in each age group to have a further 3 throws/jumps.

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