



**KINGSTON UPON HULL ATHLETIC CLUB PRESENT THEIR SPRING OPEN
COSTELLO STADIUM HULL Saturday 22nd April 2022**

Electronic timing & EDM for throws - Field Events start from 10.00– Track 10.30am.
(Under U.K.A. rules)

Entries will be via the England Athletics competition entry system Roster and payment will via the Stripe payment system and not Paypal.

<https://meets.rosterathletics.com/public/competitions/details/about?id=12780>

Entry will be £7 per event

U11 will get three trials per event, U13, U15 & U17 three trials and top six with Grade 4 Standard will have a further three attempts. Junior & Senior three trials and top six a further three attempts.

Masters should select the appropriate age group for hurdles and throws

Personal Best performances are requested to assist with seeding if it is a new event for you enter a best guess or a slow time /short distance to allow seeding to the appropriate level of competition.

Relay Team Managers need a roster Account and contact smithdav1962@gmail with your log on Email to allow access to Relay Team Entry.

U11 Girls and Boys

75m; 150m; 600m; Long Jump; Whizzer throw

U13 Girls and Boys

75m; 150m; 800m; 1200m; 70m Hurdles(g); 75m Hurdles(b); 4 x 100m Relay; Long Jump; High Jump; Shot; Javelin;

U15 Girls and Boys

100m; 200m; 300m; 800m; 1500m; 75m(g)/80m(b) Hurdles; 4 x 100m Relay; 4 x 300m Relay; High Jump; Long Jump; Shot; Discus; Javelin; Hammer; Triple Jump;

U17 men and women

100m; 200m; 400m(m); 300m(w); 800m; 1500m; 3000m, 80m Hurdles(g); 100m Hurdles(b)/(g); 300m hurdles(g); 400m Hurdles(b); 4 x 100 Relay; 4 x 300 Relay(g); 4 x 400 Relay(b); Long Jump; Shot; Javelin; Discus; Hammer; High Jump; Triple Jump;

Junior/Senior Men and Women

100m; 200m; 400m; 800m; 1500m; 3000m (100m Hurdles(g); 110m Hurdles(b); 400m Hurdles; 4 x 100m Relay; 4 x 400m Relay; Long Jump; Triple Jump; Javelin; Shot; High Jump; Hammer; Discus (Junior Men to throw own weight implements);

All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK.