

**KINGSTON UPON HULL ATHLETIC CLUB  
PRESENT THEIR SPRING OPEN MEETING  
AT THE COSTELLO STADIUM HULL  
Sunday 14<sup>th</sup> April 2019 (Electronic timing)  
Field Events **from 10.15 – Track 10.30am.**  
(Under U.K.A. rules) Permit no**



**U11 Girls and Boys**

80m 150m 600m Long Jump ,cricket/rounder’s ball

**U13 Girls and Boys**

80m 150m 800m ,1200m(g), 1500m(b) 70m hurdles(g) 75m hurdles(b) Long Jump, high jump, shot, javelin, hammer

**U15 Girls and Boys**

100m 200m, 300m, 800m, 1500m 75m(g) 80m(b) hurdles, High Jump, Long Jump, Shot, discus, javelin, hammer

**U17 men and women**

100m 200m, 400m(m) 300m(w) 800m, 1500m, 80m hurdles (g) 100m hurdles(b) (g) Long Jump, shot, Javelin, Discus, hammer, High jump

**Junior Senior Men and Women**

100m 200m 400m, 800m 3000m(w) 5000m (m) 400m hurdles Long Jump, Javelin, shot, High jump, hammer, Discus (Junior Men to throw own weight implements).

**U11 – U17s may enter 3 events U20s 5 events and Senior no limit.**

**Ages as at 31 August 2019**

Medals to the first 3 in each age group event

U11’s three trials only, 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.

£5.00 for 1 event, £9 for 2 events, £10 for 3 events.

Cheques payable to KUHAC Address for entries: Julie Gibson 15 Trenton Avenue Hull HU4 7RP Tel: 01482 503537 Email entries to: [athleticsinhull@outlook.com](mailto:athleticsinhull@outlook.com) To pay by PAYPAL click on “Send Money” using [athleticsinhull@outlook.com](mailto:athleticsinhull@outlook.com) email address. Closing date 9<sup>th</sup> April 2018

For online entries go to <http://www.kingstonuponhullac.co.uk/shop/> To pay by PAYPAL click on the link on (extra £1 charge)

**Name** .....**M / F** **Club** .....

**Address** .....

**Date of Birth** ..... **Age Group**.....

**Tel No:** ..... **Events:-** 1.

2.

**Email:** ..... 3.