

Border Harriers & Athletic Club

Present their Annual

TRACK AND FIELD OPEN MEETING

Held Under UKA Rules Licence: OUT 22/582

At the Sheepmount Stadium, Carlisle

Sunday 21 August 2022

Field commences at 11am Track commences at 12.30pm

Entries are welcomed from ALL athletes including disabled athletes - please let Border Harriers know if you need extra assistance to enable you to compete.

Under 9 Boys and Girls (minimum age 7) – Vortex throw, 60m, standing Long Jump, 600m

Under 11 Boys and Girls - Vortex throw, 75m, Long Jump, 600m

Under 13 Boys and Girls – Shot, Discus, Javelin, Long Jump, High Jump, 70/75m hurdles, 75m, 150m, 800m

Under 15 Boys and Girls – Shot, Discus, Javelin, Hammer, Long Jump, High Jump, 75/80m hurdles, 100m, 200m, 300m, either 800m or mile

Under 17 Men & Women– Shot, Discus, Javelin, Hammer, Long Jump, High Jump, 80/100m hurdles, 100m, 200m, 300/400m, 800m, mile, 5000m

Under 20, Senior & Veteran Men & Women– Shot, Discus, Javelin, Hammer, Long Jump, High Jump, 100/110m hurdles, 100m, 200m, 400m, 800m, mile, 5000m

Under 9s can only compete in 2 events.

Under UKA Rules U11s & U13s & U15s & U17s can only compete in a maximum of 3 events

Under 13s and Under 15s are not allowed to run in more than one event between 600m and 1500m inclusive