

NOTES

1. Track events will be seeded according to performance not age group.
2. The Golden League Grand Prix events on 29th July for Senior, U20 and U17 Athletes will start at the times shown.
3. Start times for all events except the Golden League Grand Prix events on 29th July are conditional on the level of entries received but will follow the programme order. The promoters reserve the right to change the start times with all changes being announced on the day of the event
4. Competition is for male and female athletes from Under 11 to Veterans and age groups are those in which athletes compete during Season 2009. Competitors must be at least 9 years old on the day of the meeting.
5. U11 and U13 athletes may not compete in the 300M, 400M, Triple Jump or any event exceeding 1500M
6. U11, U13 and U15 athletes may not compete in more than one race of 600M or over on the same day
7. U11, U13, U15 and U17 athletes may not compete in more than 3 events on the same day and U20 athletes may not compete in more than 5 events on the same day
8. Registration will open at 6pm for all meetings. Entries will close 30 minutes before each event and at 7.30pm for all events.
9. All competitors will receive 3 attempts at horizontal jumps & throwing events. At the Golden League Grand Prix Meeting only the top 4 males and top 4 females in the Senior, U20 and U17 age groups will receive a further 3 attempts. Further attempts at other meetings and for athletes in the U11, U13 and U15 age groups on 29th July are at the Field Referee's discretion.
10. **A Run, Jump, Throw Challenge for U11 and U13 Boys and Girls will be held on 24th June. The events are 200 Metres, Long Jump and Shot Putt and the Entry Fee will be £4 for the 3 events. A separate Entry Form must be completed for each event and the Entry Forms for the 3 events must be handed to the Registration Officials at the same time.**
11. Entry Fee is £2 per event except for the Run, Jump Throw Challenge as detailed above.
12. Due to increasing costs we have had to introduce an admission charge to adult spectators of £1 for the two hour meeting to avoid having to increase the entry fee for competitors.

PROGRAMME - LINWOOD OPEN GRADED SERIES – SUMMER 2009

Wednesday 29th April 2009

Track	Start time	Field	Start Time
100M	7pm	Long Jump	7pm
400M/300M	7.30pm	Javelin	7pm
800M/600M	7.50pm	Shot Putt	8pm
200M	8.20pm	High Jump	8pm
300M	8.50pm		

Wednesday 27th May 2009

Track	Start time	Field	Start Time
100M	7pm	Triple Jump	7pm
800M	7.30pm	Shot Putt	7pm
200M	8pm	High Jump	8pm
1500M	8.30pm	Discus	8pm

Wednesday 24th June 2009

Track	Start time	Field	Start Time
200M (U11/U13)	7pm	Discus	7pm
100M	7.20pm	Long Jump	7pm
1500M	7.50pm	Long Jump (U11/U13)	7.40pm
3000M	8.15pm	High Jump	8pm
800M	8.35pm	Shot Putt	8pm
		Shot Putt (U11/U13)	8.30pm

Wednesday 29th July 2009 – GOLDEN LEAGUE GRAND PRIX EVENT

Track	Start time	Age Groups	Field	Start Time
800M Grand Prix	7pm	Senior, U20, U17	Triple Jump Grand Prix	7pm
800M Open	7.15pm	U11, U13, U15		
100M Grand Prix	7.30pm	Senior, U20, U17	Shot Putt Grand Prix	7pm
100M Open	7.45pm	U11, U13, U15	Shot Putt Open	7.30pm
1500M Grand Prix	8pm	Senior, U20, U17	High Jump Grand Prix	8pm
1500M Open	8.15pm	U11, U13, U15	Long Jump (Non Grand Prix)	8pm
200M Grand Prix	8.30pm	Senior, U20, U17	High Jump Open	8.20pm
200M Open	8.45pm	U11, U13, U15		
3000M Grand Prix	8.55pm	Senior, U20, U17		