**COLCHESTER ATHLETICS OPEN MEET OUTDOOR GAMES**

Essex Blades Athletics Club, Colchester Harriers, and Colchester and Tendering Athletics Club Outdoor Event – **COLCHESTER ATHLETICS OPEN MEET OUTDOOR GAMES**  
Hosted by Essex Blades Athletics Club, Colchester And Tendering Athletics Club and Colchester Harriers  
All results to be added to power of ten (can be used for BUCS Indoor in February)  
All athletes charged at £2 per event – guests (those who do not belong to any clubs) charged at £3 per event (entries to be paid at the entrance)  
Events: 100m, 110m Hurdles, 200m, 400m, 800m, 1500m, 3000m, Long Jump, Triple Jump, High Jump, Shot Put,   
Venue: Garrison Track in Colchester Town (Circular Road North, CO2 7SZ – there is no known postcode for the track so use this)  
Date: Sunday January 24th 2016  
PROVISIONAL TIMETABLE (subject to change)

**TRACK**

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| TIME | EVENT | HEATS/FINAL | MEN/WOMEN |
| 12:00 | 100m | Final | Men |
| 12:15 | 100m | Final | Women |
| 12:30 | 400m | Final | Men |
| 12:45 | 400m | Final | Women |
| 13:00 | 110mH | Final | Women |
| 13:15 | 110mH | Final | Men |
| 13:30 | 800m | Final | Women |
| 13:45 | 800m | Final | Men |
| 14:00 | 200m | Final | Women |
| 14:15 | 200m | Final | Men |
| 14:30 | 1500m | Final | Women than Men |
| 15:35 | 3000m | Final | Women than Men |
| 16:15 | 4x200m | Final | Women than Men |

**FIELD**

|  |  |  |
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| TIME | EVENT | INFOMRATION |
| 12.00 | High Jump | 1.25m for women. 1.40m for men |
| 13:00 | Long Jump | 3 rounds for all athletes, men than women |
| 14:30 | Triple Jump | 3 rounds. min 7m Board for women  & 9m for men |
| 15:30 | Shot Put | 4 rounds, men than women |