**Colchester Open Meet Outdoor Games**

**Open Meet 2016**

**Colchester Garrison Track, Colchester, Circular Road North, CO2 7SZ  
Sunday 24th January**

Events

100m 1500m High Jump  
110mH 3000m Shot put  
200m 4 X 200m Relay   
400m Triple Jump  
800m Long Jump



Held under UKA rules with UKA Officials.



Hosted by Essex Blades Athletics Club, Colchester And Tendering Athletics Club and Colchester Harriers. All results to be added to the Power of 10 (can be used for BUCS Indoor in February).

There will be three attempts for each athlete in all horizontal jumps and four attempts for each athlete in all throws.

**High Jump: Female start height 1.25m. Male start height 1.40m**

**Timetable:** Estimated 1200-1700

Details of the timetable and pools will be available on the Essex Blades Athletics Student Union Webpage a week before the event. Link - http://www.essexstudent.com/organisation/6026/

**Entry fees:** £2 per event, £3 for guests. Entries are limited. Pay on the day at entrance.   
To enter go email [jeghan@essex.ac.uk](mailto:jeghan@essex.ac.uk) to be sent a team sheet for your club for race organising purposes.  
Closing date: Wednesday 13th January 2016 no late entries considered  
Numbers to be collected on the day or at least one hour before the start of your event