**Name of your track and field event**

Your logo here

**Open Meet 2015**

**Track name, town, postcode  
Day nnth Month**

Events

60m 1500m High Jump  
60mH 3000m Shot put  
200m 4 X 200 Mascot Race (200m)  
400m Triple Jump  
800m Long Jump

Held under UKA rules

All races will have ELECTRONIC TIMING.

Give a brief introduction to your event, welcoming athletes to attend. Mention the clubs involved in hosting the event and the event sponsors. Mention that performances will be added to Pof10.

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

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

**Timetable:** Estimated 1330-1800

Details of the timetable and pools will be available on the website three days before the event.

**Entry fees:** £4 per event (entry fees non-refundable). Entries are limited.   
To enter go to london-athletics.com/indoor

Closing date: Sunday 21st November 2015 no late entries considered

Numbers to be collected on the day or at least one hour before the start of your event

Sponsor or charity logo

**Sponsors or charity notice**