**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  
All athletes charged at £1 per event – guests (those who do not belong to either of the clubs) charged at £2 per event  
Events: 100m, 110m Hurdles, 200m, 400m, 800m, 1500m, 3000m, Long Jump, Triple Jump, High Jump, Shot Put,   
Venue: Garrison Track   
Date: Sunday January 24th 2016

**TRACK**

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| TIME | EVENT | HEATS/FINAL | MEN/WOMEN |
| 12:00 | 400m | Final | Men |
| 12:15 | 400m | Final | Women |
| 12:30 | 800m | Final | Men |
| 12:45 | 800m | Final | Women |
| 13:00 | 100m | Final | Women |
| 13:15 | 100m | Final | Men |
| 13:30 | 110mH | Final | Women |
| 13:45 | 110mH | 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 |