



Founded 1904

Evening Open Meeting

Programme –Tuesday 30th April 2024
(Held under UKA Competition Rules)

Track

Time	Event	Age
6.10	60m Mini Hurdles	U11
6.20	70m Hurdles	U13G
6.25	600m	U11
6.35	75m Hurdles	U13B, U15G
6.45	100m	U13 & Above
7.15	80m Hurdles	U17W & U15B
7.20	75m	U11
7.30	800m	U13
7.35	300m	U15 & Above
7.45	400m	U17M, U20 & Above
8.00	BMC - 800m & 1500m - see note 5	U13 & Above (Graded)

Field **Number of trials in Field Events:** U11 & U13 - 3 trials, U15 & Above – 4 trials

Time	Event	Age
6.15	Long Jump	U11
6.15	Long Jump	U13
6.15	Discus	U13 & Above
6.30	High Jump – below 1.35m	U13 & Above
7.00	Javelin	U13 & Above
7.15	Long Jump	U15 & Above
7.15	High Jump – Opening Height 1.35m	U13 & Above
7.45	Shot Putt	U13 & Above
8.00	Triple Jump	U15 & Above

Notes

Entry in advance only: www.exeterharriers.org.uk/exeter-open-competitions-9000

1. **Closing date:** Midnight, Friday April 26th.
2. **Age groups:** Ages as on 31st August 2024
3. **Maximum of 3 events.**
4. **Entry fee is £12** which is payable through the online entry form. (No BACS payments)
5. **BMC races:** entry in advance only - www.britishmilersclub.com/entries-for-bmc-races - deadline on Friday April 26th 11pm.
6. **Open Events:** U11 & U13 events will take place in age groups. Track events will be graded where possible.

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