



Evening Open Meeting

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

This Open Meeting is included in the 2024 [Sapphire League](#) series.

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	800m	U13
7.25	150m	U11
7.35	200m	U13 & Above
8.00	BMC - 800m & 1500m – see Note 5	U15 & Above

Field

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

6.15	Long Jump	U13
6.15	Hammer	U13 & Above
6.45	High Jump – below 1.35m	U13 & Above
6.45	Long Jump	U11
7.00	Shot Putt	U13 & Above
7.20	Long Jump	U15 & U17
7.30	High Jump – Opening Height 1.35m	U13 & Above
7.45	Javelin	U13 & Above
8.00	Long Jump	U20 & Above

Entry in advance only: <https://exeterharriers.org.uk/e/exeter-open-competitions-9000>

Notes

1. Closing date: **Midnight, Friday July 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 Thursday July 25th.
6. **Open Events:** U11 & U13 events will take place in age groups. Track events will be graded where possible.

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