



Founded 1904

Evening Open Meeting

Programme –Tuesday 30th September 2025
(Held under UKA Competition Rules)

Thanks to everyone who has supported the 2025 Exeter Harriers Evening Open Meetings

Track Start time of track events are a guideline and will depend on number of entries.

| Time | Event | Age |
|------|--------|-------------------|
| 6.10 | 75m | U11 |
| 6.25 | 100m | U13 & Above |
| 6.50 | 800m | U13 & Above |
| 7.10 | 400m | U17M, U20 & Above |
| 7.20 | 300m | U15 & Above |
| 7.30 | 600m | U11 |
| 7:35 | 600m | U13 & Above |
| 7.45 | 150m | U11 |
| 7.55 | 200m | U13 & Above |
| 8.10 | 1 Mile | U13 & Above |

There are no BMC races in the September Evening Open Meeting

Field Three trials for U11 and U13. Four trials for U15 & Above.

| | | |
|------|----------------|-------------|
| 6.20 | Turbo Javelin | U11 |
| 6.30 | Long Jump | U11 & U13 |
| 6.50 | Shot (U11 2kg) | U11 & U13 |
| 7.00 | High Jump | U13 & Above |
| 7.15 | Long Jump | U15 & Above |
| 7.15 | Javelin | U13 & Above |
| 7.45 | Shot | U15 & Above |

Notes

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

1. **Closing date:** Midnight, Sunday September 28th.
2. **Age groups:** Ages as on 31st August 2025
3. **Maximum of 3 events.**
4. **Entry fee is £13** which is payable through the online entry form only. (No BACS, cash or other payments)
5. **Open Events:** U11 & U13 events will take place in age groups. Track events will be graded where possible.

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