



# Open Meeting

Programme – Sunday 30th March 2025

(Held under UKA Competition Rules)

| Time                          | Event   | Age               |
|-------------------------------|---|-------------------|
| <b><u>U11 Quadrathlon</u></b> |   |                   |
| 12.00                         | Quadrathlon – 75m   | U11               |
| 12.30                         | Quadrathlon – Long Jump   | U11G              |
| 12.30                         | Quadrathlon - Howler Javelin  | U11B              |
| 13.30                         | Quadrathlon – Long Jump   | U11B              |
| 13.30                         | Quadrathlon - Howler Javelin  | U11G              |
| 14.30                         | Quadrathlon – 600m  | U11               |
| <b><u>Track</u></b>           |   |                   |
| 12.15                         | 100m  | U13 & Above       |
| 12.45                         | 1500m   | U13 & Above       |
| 13.00                         | 300m  | U15 & Above       |
| 13.15                         | 400m  | U17M, U20 & Above |
| 13.30                         | 800m  | U13 & Above       |
| 13.45                         | 200m  | U13 & Above       |
| 14.10                         | 3000m   | U15 & Above       |
| <b><u>Field</u></b>           | <b>Number of trials in Field Events:</b> U13 - 3 trials, U15 & Above – 4 trials |                   |
| 12.00                         | Shot Putt   | U13 & Above       |
| 12.15                         | High Jump   | U13 & Above       |
| 13.00                         | Javelin   | U13 & Above       |
| 13.15                         | Long Jump   | U13 & Above       |

## Notes

Entry in advance only: <https://exeterharriers.org.uk/e/march-extra-open-12994>

1. **Closing date:** Midnight, Thursday March 27<sup>th</sup>.
2. **Age groups:** Ages as on 31<sup>st</sup> August 2025
3. **Maximum of 3 events.**
4. **Entry fee is £13** which is payable through the online entry form. (No BACS payments)
5. **Open Events:** U11 & U13 events will take place in age groups. Track events will be graded where possible.