



# Evening Open Meeting

Programme –Tuesday 30<sup>th</sup> September 2025  
(Held under UKA Competition Rules)

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

## Revised Programme

**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
8.20	3000m	U15 & 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](http://www.exeterharriers.org.uk/exeter-open-competitions-9000)

1. **Closing date:** Midnight, Sunday September 28<sup>th</sup>. No late entries.
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 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. Please be prepared to give your expected time for the event.

**Summer Lane, Exeter, Devon. EX4 8NT Telephone No. 01392 460960**  
**[www.exeterharriers.org.uk](http://www.exeterharriers.org.uk)**