



Founded 1904

Evening Open Meeting

Programme – Tuesday 25th April 2023
(Held under UKA Competition Rules)

Track

Time	Event	Age
6.15	60m Mini Hurdles	U11
6.25	70m Hurdles	U13G
6.35	600m	U11
6.45	75m Hurdles	U13B, U15G
6.55	100m	U13 & Above
7.15	80m Hurdles	U17W & U15B
7.20	75m	U11
7.30	800m	U13
7.40	300m	U15 & Above
7.50	400m	U17M, U20 & Above
8.00	BMC - 800m & 1500m - see note 3	U13 & Above (Graded)

Field

Number of trials in Field Events: U13 & Below- 3 trials, U15 & Above – 4 trials
High Jump: Maximum 7 attempts.

6.30	Long Jump	U13
6.30	Long Jump	U11
6.30	Discus	U13 & Above
6.45	High Jump – below 1.35m	U13 & Above
7.15	Long Jump	U15 & Above
7.20	Shot Putt	U13 & Above
7.30	High Jump – Opening Height 1.35m	U13 & Above
8.00	Triple Jump	U15 & Above
8.00	Javelin	U13 & Above

Notes

Entry in advance only: [Exeter Harriers : Login \(clubtrac.co.uk\)](http://www.exeterharriers.org.uk) and click on **SPORT EVENTS**

1. Closing date: **Midnight, Friday April 21st.**
2. **Entry fee is £10** which is payable through the online entry form. (No BACS payments)
3. For 2023, the **maximum number of events** has been increased from 2 to **3 events**.
4. **BMC races:** entry in advance only - www.britishmilersclub.com/enteronline - deadline on Thursday April 20th 11pm.
5. **Age groups:** Ages as on 31st August 2023
6. **Open Events:** U11 & U13 events will take place in age groups. Track events will be graded where possible.
7. **Waterproof numbers:** will be available on the night.
8. **GDPR.** Details on Entry Form.
9. **Volunteers:** We welcome volunteers. Please email open@exeterharriers.org.uk if you can help.
10. **Photography:** This is a public event, therefore, it is not possible to prevent photographs of any particular individual from appearing in the media. If this is a problem for you, you are advised not to take part.

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