



Founded 1904

Evening Open Meeting

Programme – Tuesday 30th May 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	100m Hurdles	U17M
7.35	800m	U13
7.40	200m	U13 & Above

8.00 **BMC** - 800m & 1500m U15 & Above

Enter in advance: <https://www.britishmilersclub.com/meeting/exeter-30-may-2023/>

Closing date: Thursday May 25th, 11pm.

Field

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

High Jump: Maximum 7 attempts.

6.30	Long Jump	U11 & U13
6.30	Hammer	U13 & Above
6.45	High Jump – below 1.35m	U13 & Above
7.00	Pole Vault	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	Javelin	U13 & Above

Entry in advance only: <https://exeterharriers.clubtrac.co.uk/e/exeter-open-competitions-9000> and click on **SPORT EVENTS**

Notes

1. Closing date: **Midnight, Friday May 26th.**
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 May 25th 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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