



Founded 1904

Evening Open Meeting

Programme – Tuesday 29th August 2023

(Held under UKA Competition Rules)

Track

| Time | Event | Age |
|------|---------------------------|----------------------|
| 6.10 | 60m Mini Hurdles | U11 |
| 6.20 | 70m Hurdles | U13G |
| 6.30 | 600m | U11 |
| 6.40 | 75m Hurdles | U13B, U15G |
| 6.45 | 100m | U13 & Above |
| 7.15 | 80m Hurdles | U17W & U15B |
| 7.20 | 75m | U11 |
| 7.30 | 100m Hurdles | U17M |
| 7.35 | 800m | U13 |
| 7.40 | 300m | U15 & Above |
| 7.50 | 400m | U17M, U20 & Above |
| 8.00 | BMC - 800m & 1500m | U15 & Above (Graded) |

Enter in advance: <https://www.britishmilersclub.com/meeting/exeter-29-aug-2023/>
Closing date: Friday August 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 |
| 6.30 | Long Jump | U13 |
| 6.30 | Discus | U13 & Above |
| 6.45 | High Jump – below 1.35m | U13 & Above |
| 7.15 | Long Jump | U15 & Above |
| 7.15 | Javelin | U13 & Above |
| 7.30 | High Jump – Opening Ht 1.35m | U13 & Above |
| 8.00 | Triple Jump | U15 & Above |
| 8.00 | Shot Putt | U13 & Above |

Notes

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

1. Closing date: **Midnight, Friday August 25th. MAXIMUM of three events.**
2. **Entry fee is £10** which is payable through the online entry form. (No BACS payments)
3. **BMC races:** entry in advance only - www.britishmilersclub.com/enteronline - deadline on Friday August 25th 11pm.
4. **Age groups:** Ages as on 31st August 2023
5. **Open Events:** U11 & U13 events will take place in age groups. Track events will be graded where possible.
6. **GDPR.** Details on Entry Form.
7. **Volunteers:** We welcome volunteers. Please email open@exeterharriers.org.uk if you can help.
8. **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.

Summer Lane, Exeter, Devon. EX4 8NT Telephone No. 01392 460960
www.exeterharriers.org.uk