



Ayrshire Harriers Clubs' Association Open Graded Meeting 3  
**Friday 4<sup>th</sup> August 2023**

Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF

**Track**

**Field**

Time	Event		Time	Event	
<b>6:00pm</b>	3,000m	U15-Senior Mixed	<b>6:00pm</b>	Pole Vault	U13-Senior Mixed
<b>6:30pm</b>	80m	U11 Only	<b>6:30pm</b>	Javelin	U13-U15 Mixed
<b>6:45pm</b>	100m*	U13-Senior Mixed*	<b>6:45pm</b>	High Jump	U13+ (1.30m SH)
<b>7:15pm</b>	800m	U13-Senior Mixed	<b>7:00pm</b>	Long Jump	U11s (2 pools)
<b>7:45pm</b>	600m	U11 Only	<b>7:30pm</b>	Javelin	U17-Senior Mixed
<b>8:15pm</b>	300m	U15s+U17W			
<b>8:30pm</b>	400m	U17M – Senior Mixed			

**\*100m open to Wheelchair, Frame Runners and Ambulant/LD athletes**

Entries Open: Mon 3<sup>rd</sup> July 2023

Entries close: Mon 31<sup>st</sup> July 2023

Declarations open: 5:00pm

Declarations close: 7:00pm

Cost: £5 per event

- Open Track will be used for taking entries and processing results.
- All athletes can enter a maximum for 3 events of which only 2 can be track events.
- No athlete can enter both the 3000m and 800m.
- 3 competition trials and 1 warmup attempt for all field events.
- Races will run fastest to slowest. Competitors who have not entered a PB time will be placed in the last heats.
- All timings are approximate and subject to change. Please listen for announcements.

This event is run Under UK Athletics Rules  
 And is a scottishathletics Licensed Event