

Ayr Seaforth AC & North Ayrshire AC Club Championships

Sunday 10th September 2023

Riverside Sports Arena, Ayr

TIMETABLE – TRACK

Event	Time	Event	Time
Hurdles	10:00	200m (U13B)	12:50
100m (U13G)	10:20	150m (U11G)	12:55
100m (U13B)	10:25	150m (U11B)	13:05
100m (U15G)	10:30	Break	13:15
100m (U15B)	10:45	1500m (Senior Men)	13:45
100m (U17W)	10:55	800m (Senior Women)	13:55
100m (U17M)	11:00	600m (U11G)	14:05
100m (Senior Men and Women)	11:05	600m (U11B)	14:10
100m Frame Runners/Wheelchair	11:10	800m (U13G)	14:15
80m (U11G)	11:15	800m (U13B)	14:20
80m (U11B)	11:25	800m (U15G)	14:25
Break	11:30	800m (U15B)	14:35
400m (Senior Men and Women)	12:00	800m (U17W)	14:40
400m (U17M)	12:05	800m (U17M)	14:45
300m (U17W)	12:10		
300m (U15G)	12:20		
300m (U15B)	12:30		
200m (U13G)	12:40		

TIMETABLE – FIELD

Event	Time
Long Jump (U11)	10:00
High Jump (Senior Men)	10:00
Shot Put (U17)	10:00
Javelin Throw (U13)	10:00
Shot Put (Seniors)	11:00
Javelin Throw (U17)	11:00
High Jump (U15)	11:00
Long Jump (U13)	11:00
Break	12:00
Long Jump (U17)	12:30
High Jump (U13)	12:30
Javelin Throw (U15)	12:30
Shot Put (U11)	12:30
Long Jump (U15)	13:30
High Jump (U17)	13:30
Javelin Throw (Seniors)	13:30
Shot Put (U13)	13:30
Long Jump (Seniors)	14:30
Shot Put (U15) – 2 circles	14:30

Important Information

1. This is a provisional timetable which is subject to change
2. Events start at 10:00am so please arrive no later than 09:30am
3. The hurdles events are for North Ayrshire Athletes Only
4. Results and scores will be updated on Open Track, however full and final results will be communicated to club members after the competition as soon as they are validated