



## Ayrshire Open Graded Meeting 1

**Sunday 7<sup>th</sup> April 2024**

Riverside Sports Arena, University Avenue, Ayr, KA8 2SZ

Organised by Ayrshire Harriers Club's Association. Hosted by Ayr Seaforth Athletic Club

### Track

### Field

Time	Event		Time	Event	
11:00am	Hurdles	U13-Seniors	11:00am	High Jump	Pool 1 (S/H 1.12m)
11:50am	75m	U11s	11:00am	Long Jump	U11s
12:00pm	100m	U13-Seniors Mixed	11:00am	Javelin	U17-Senior
12:45pm	100m	FR/WC and Ambulant/LD	12:30pm	Javelin	U13+U15 Mixed
<b>Track Break</b>					
1:30pm	1500m	U13-Seniors Mixed	12:30pm	High Jump	Pool 2 (S.H 1.37m)
2:15pm	600m	U11s	1:00pm	Shot Put	U11s
2:30pm	300m	U15s and U17 Women	1:15pm	Long Jump	Pool 1 (4m plus)
2:45pm	400m	FR/WC and Ambulant/LD	2:00pm	Discus	U13-Senior
3:00pm	400m	U17 Men-Seniors Mixed	2:30pm	Long Jump	Pool 2 (Under 4m)

Entries Open: Mon 5<sup>th</sup> Feb

Entries close: Wed 3<sup>rd</sup> April

Declarations open: 10:00am

Declarations close: 1:00pm

Cost: £5 per event

- Hurdles will require at least 6 entries per event entered by Friday 29th March for it to take place.
- All athletes can enter a maximum for 3 events of which only 2 can be track events.
- 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.