

Ayr Seaforth AC and North Ayrshire AC Club Championships

Sunday 15th September 2024

Riverside Sports Arena, Ayr

TIMETABLE – TRACK EVENTS

Event	Time
Hurdles (North Ayrshire only)	10:50
100m (U13G)	11:20
100m (U13B)	11:25
100m (U15G)	11:30
100m (U15B)	11:45
100m (U17W)	11:55
100m (U17M)	12:00
100m (Senior Men and Women)	12:05
100m Frame Runners/Wheelchair	12:10
75m (U11G)	12:15
75m (U11B)	12:25
Break	12:30
300m/400m (North Ayrshire only)	13:00
600m (U11G)	13:15
600m (U11B)	13:25
800m (U13G)	13:35
800m (U13B)	13:45
800m (U15G)	14:10
800m (U15B)	14:20
800m (U17W)	14:30
800m (U17M)	14:40
800m (Senior Women)	14:50
1500m (Senior Men)	15:00

TIMETABLE – FIELD

Event	Time
Long Jump (U11s)	11:00
High Jump (Seniors & U17s)	11:00
Shot Put (U15s)	11:00
Shot Put (Seniors & U17s)	12:00
High Jump (U15s)	12:00
Long Jump (U13s)	12:00
Break	13:00
Long Jump (Seniors & U17s)	13:30
Javelin Throw (U15s)	13:30
High Jump (U13 Girls)	13:30
Shot Put (U11 Boys)	13:30
Shot Put (U13 Boys)	13:30
Long Jump (U15s)	14:30
Javelin Throw (Seniors & U17s)	14:30
Shot Put (U13 Girls)	14:30
Shot Put (U11 Girls)	14:30
High Jump (U13 Boys)	14:30

Important Information

1. All times are an estimate and are subject to change on the day.
2. Events start at 11:00am so please arrive at 10:00am to collect your bib number and warmup in plenty time. Hurdles races will start earlier (around 10:50am).
3. Athletes will be separated by Club for track races as far as possible but may be merged where it makes sense.
4. The Hurdles and 300m/400m events are for North Ayrshire Athletes only
5. Results and scores will be updated on Open Track, however full and results will be communicated to club members after the competition as soon as they are validated.