

Ayr Seaforth AC Club Championships 2025

Sunday 31st August 2025
Riverside Sports Arena, Ayr

TIMETABLE – TRACK

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

DRAFT

TIMETABLE – FIELD

Event	Time
Long Jump (U11B)	11:00
Long Jump (U11G)	11:00
Shot Put (All Seniors & U17s)	11:00
Shot Put (U15B)	11:00
Shot Put (U15G)	12:00
Long Jump (U13B)	12:00
Long Jump (U13G)	12:00
Javelin Throw (U15B)	12:00
High Jump (All Seniors & U17s)	12:00
Break	13:00
Javelin Throw (U15G)	13:30
Shot Put (U13G)	13:30
Shot Put (U13B)	13:30
Long Jump (U15B)	13:30
Long Jump (U15G)	14:30
Javelin Throw (All Seniors & U17s)	14:30
Shot Put (U11G)	14:30
Shot Put (U11B)	14:30

Important Information

1. All times are an estimate and are subject to change. Final information will be emailed on 27th August 2025.
2. Performances at this competition will not qualify for official PBs or records and will not be published on Power of 10.
3. Scores for each performance will be calculated by Open Track using scoring tables designed for junior athletes. Winners and runners up in each category will be announced later after results and scores have been scrutinised.
4. First events start at 11:00am so please arrive at 10:00am to collect your bib number and warmup in plenty time.
5. 1 warmup and 3 competition trials for throws and horizontal jumps.
6. The indoor track will not be in use during the competition. Please use the outdoor track and surrounding areas to warmup.