



Ayrshire Indoor Open
Sunday 15th February 2026
Riverside Sports Arena, Ayr

Track				Field		
Time	Event			Time	Event	
11:00	60m Hurdles	U14 Girls	Max 2 heats	11:00	Long Jump	U12 Boys
11:15	60m Hurdles	U14 Boys	Max 2 heats	11:45	Long Jump	U12 Girls
11:25	60m Hurdles	U16 Girls	Max 2 heats	12:30	Long Jump	Pool 1 (Under 4m)
11:40	60m Hurdles	U16 Boys	Max 2 heats	13:30	Long Jump	Pool 2 (4m+)
11:50	60m Hurdles	U18 Women	Max 2 heats	14:30	Triple Jump	U16+ Mixed
12:05	60m Hurdles	U18 Men	Max 2 heats	14:30	Shot Put	U14+ Mixed
12:15	60m Hurdles	Senior Women	1 heat			
12:25	60m Hurdles	Senior Men	1 heat			
12:30	Break					
Heats will run fastest to slowest. Max 6 per heat.						
13:00	60m Sprint	Heat 1				
13:05	60m Sprint	Heat 2				
13:10	60m Sprint	Heat 3				
13:15	60m Sprint	Heat 4				
13:20	60m Sprint	Heat 5				
13:25	60m Sprint	Heat 7				
13:30	60m Sprint	Heat 8				
13:35	60m Sprint	Heat 9				
13:40	60m Sprint	Heat 10				
13:45	60m Sprint	Heat 11				
13:50	60m Sprint	Heat 12				

Rules of competition

1. 60m sprint races will run fastest to slowest. Athletes will be seeded based on PB/SB so please ensure this information is entered on Open Track when signing up.
2. U12s will have 1 warmup and 3 competition jumps in the Long Jump. All other pools will have up to 2 warmup jumps and 4 competition jumps, including the Triple Jump.
3. U12s Long Jump will follow similar rules to SUPERteams. Take off will be from a 1m square and measured from point of take-off. No tic-tac method or run out from the board to measure run up. A tape will be placed along the runway and markers set at the 10, 12 and 15m marks. Maximum run up distance of 15m. Any rule infringements may incur a 5cm penalty.
4. The timetable is subject to change and is dependent on entry numbers and available officials.