



Kilmarnock Harrier & A.C

'Born 1887 - Still going strong'

KILMARNOCK HARRIER & AC OPEN GRADED MEETING

Supported by Ayrshire Harriers Association and East Ayrshire Leisure

11AM SUNDAY 15th APRIL 2018

Ayrshire Athletics Arena Queens Drive Kilmarnock, KA1 3XF

ONLINE ENTRIES ONLY from Saturday 17th March.

Enter at www.online-entries.co.uk

ENTRIES WILL CLOSE at 12 NOON on Friday 13th April or when events have reached capacity (100, 200 metres and Javelin). NO ENTRIES on the DAY

ENTRY FEE - £7 per competitor regardless of number events entered (maximum 3)

Time	Event	Comments
11.00 am	Pole Vault	
11.00	Sprint Hurdles	
11.00	Long Jump	Under 11 Girls and Boys 2 pits
11.00	High Jump	Pool 1 Starting Height 1.15 metres Under 13 and above
11.00	Shot Putt	Under 15 Girls 1 circles Boys to follow on completion
11.45	800 metres	Under 13 and above fastest graded heat first
12.15	100 metres	Under 13 and above fastest graded heat first MAX 10 HEATS 80 ATHLETES
12.30	Shot Putt	Under 13 Girls and Boys 2 circles
12.30	High Jump	Pool 3 starting height 1.55 metres
12.45	75 metres	Under 11 Girls and Boys
1.00 pm	Break	
1.00	RR and LD Athlete events	
1.20	1500 metres	Under 13 and above
1.30	Long Jump	Pool 2 4 metre plus PB 2 pits
1.45	Javelin	Under 13 15 17 and Seniors Girls and Boys Maximum 35 ATHLETES
2.00	200 metres	Under 13 and above MAX 10 HEATS 80 ATHLETES
2.15	Shot Putt	Under 17 and Seniors
2.45	600 metres	Under 11 Girls and Boys
3.30	High Jump	Pool 2 Opening Height 1.35 metres
3.30	400 metres	Under 15 and above
3.45	Long Jump	Pool 1 sub 4 metres PB 2 pits girls in one boys in other
3.45	Shot Putt	Under 11 Boys and Girls 2 circles
3.45	300 metres	Under 15 and above

Notes :

EVENTS may be subject to cancellation if sufficient helpers / officials are not available

Start times for track events are conditional on the level of entries received but will follow the programme order

Field Event Athletes will be called as and when Track Events Permit

U11 will have their own separate events

U13 and U15 may NOT compete in more than ONE race of 800mtrs or over on the same day

All Heats will be run as fastest heat first if no PB is entered Athlete will be placed in the slowest heat

100 and 200 metres are restricted to 10 HEATS S MAXIMUM 80 ATHLETES

JAVELIN is restricted to MAXIMUM 35 ATHLETES

ALL ATHLETES may NOT compete in more than 3 events on the same day

All competitors will receive 3 attempts at horizontal jumps & throwing events Further attempts are at the Field Referee discretion

Qualifying events for Ayrshire Age Group Awards and Ayrshire Athlete of the Year

Registration no later than 1 HOUR before event and NO LATER than 1 PM