

## KILMARNOCK HARRIERS & AC OPEN GRADED MEETING

Supported by Ayrshire Harriers Association and East Ayrshire Leisure

11AM SUNDAY 14th APRIL 2019

Ayrshire Athletics Arena Queens Drive Kilmarnock

ONLINE ENTRIES ONLY from Friday 1st March Enter at [online-entries.co.uk](http://online-entries.co.uk)

ENTRIES WILL CLOSE at 12 NOON on Friday 12th April or When Events 100mtrs 200mtrs and Javelin have reached capacity

NO ENTRIES on the DAY

11am Sprint Hurdles

11am Long Jump Under 11 Girls and Boys 2 pits

11am High Jump Pool 1 Starting Height 1.10mtrs Under 13 and above

11am Shot Putt Under 15 Girls 1 circles Boys to follow on completion

11 45 800mtrs Under 13 and above fastest graded heat first

12 15 100mtrs 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 1.55mtrs

12 45 75mtrs Under 11 Girls and Boys

1pm Break

1 20 1500mtrs Under 13 and above

1 30 Long Jump Pool 2 4mtr plus PB 2 pits

1 45 Javelin Under 13 15 17 and Seniors Girls and Boys Maximum 35 ATHLETES

2pm 200mtrs Under 13 and above MAX 10 HEATS 80 ATHLETES

2 15 Shot Putt Under 17 and Seniors

2 45 600mtrs Under 11 Girls and Boys

3 30 High Jump Pool 2 Opening Height 1 35mtrs

3 30 400mtrs Under 15 and above

3 45 Long Jump Pool 1 sub 4mtr PB 2 pits girls in one boys in other

3 45 300mtrs 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

100mtrs and 200mtrs 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

ENTRY FEE is £8 per competitor regardless of number events entered Maximum 3

Scottish Athletics licensed meet

Photo finish and electronic timing

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

Registration NO LATER than ONE HOUR before event and NO LATER than 1PM at the latest