



**AYR SEAFORTH A.C in PARTNERSHIP WITH THE AYRSHIRE
HARRIERS**



OPEN TRACK & FIELD MEETING
Dam Park Stadium, Ayr
Wednesday 21st August 2019 at 6.45p.m.
 Under UK Athletics Rules
 scottishathletics Permit Event

Medals will be awarded to the first 3 in every event up to and including u15

Online entries only from Thursday 1 August 2019 **Enter at www.online-entries.co.uk**
Entries will close at 12 noon on Monday 19th August – No entries will be accepted on day of competition

Timetable : All times are approximate and subject to change to accommodate athlete availability.

| TRACK | Event | U11 B | U11 G | U13 B | U13 G | U15 B | U15 G | U17 M | U17 W | SM All | SW All |
|--------------|--------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|-------------------|-------------------|
| 18.45 | 600m | Y | Y | | | | | | | | |
| FROM 7pm | **100/80m | 80 | 80 | Y | Y | Y | Y | Y | Y | Y | Y |
| FROM 8pm | 800m | | | Y | Y | Y | Y | Y | Y | Y | Y |
| FIELD | Event | | | | | | | | | | |
| FROM 7pm | Shot | | | Y | Y | Y | Y | Y | Y | Y | Y |
| FROM 7pm | Long Jump | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| FROM 7pm | Javelin | | | Y | Y | Y | Y | Y | Y | Y | Y |

Events may be subject to cancellation if sufficient helpers/officials are not available to officiate/help
Officials/helpers should sign in at registration from 6.00 p.m.

**** 100m/80m WILL BE IN REVERSE ORDER FROM SENIOR AGE GROUP TO U11**

Notes

1. Competition is for male and female athletes from Under 11 to Veterans and age groups are those in which athletes compete during Season 2019. Competitors must be at least 9 years old on the day of the meeting.
2. Start times for all events are conditional on the level of entries received but will follow the programme order. The promoters reserve the right to change the start times to either an earlier or a later start time with all changes being announced on the day of the event.
3. U11, U13 and U15 athletes may not compete in more than one race of 600M or over on the same day
4. U11, U13, U15 & U17 athletes may not compete in more than 3 events on the same day
5. All competitors will receive 3 attempts at horizontal jumps & throwing events. Further attempts are at the Field Referee's discretion.
6. Field events will take place where possible to avoid clashes with same age track events.
7. Shot Putt / Javelin entries will close once 35 entries accepted in total over all age groups

8. Long Jump entries will close once 60 entries accepted in total over all age groups
9. Last declarations 7.15pm
10. **Entry Fee is £7 per competitor regardless of number of events entered.**