



Kilmarnock Harrier & A.C

'Born 1887 - Still going strong'

KILMARNOCK HARRIER & AC OPEN GRADED MEETING Supported by Ayrshire Harriers Association and East Ayrshire Leisure

7pm Tuesday 11th June 2019

Ayrshire Athletics Arena Queens Drive Kilmarnock, KA1 3XF

ONLINE ENTRIES ONLY from Wednesday 1st May Enter at www.online-entries.co.uk

ENTRIES WILL CLOSE at 12 NOON on Saturday 8th June) NO ENTRIES on the NIGHT

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

Time	Event	Comments
7pm	600mtrs	Under 11 Girls and Boys
7pm	High Jump	Under 15 and above Limited to 25 entries
7pm	Shot Putt	Under 17 and above Men and Women
7 15	800mtrs	Under 13 and above fastest graded heat first
7 30	Long Jump	Under 11 Girls and Boys 2 pits
7 30	Shot Putt	Under 13 Girls and Boys 2 pits
7.45	100 metres	Under 13 and above fastest graded heat first Limited to 10 Heats
8.00	Shot Putt	Under 15 Girls and Boys 2 pits
8.15	75 metres	Under 11 Girls and Boys
8.30	Long Jump	Under 13 Girls and Boys 2 pits
8 30	Shot Putt	Under 11 Girls and Boys 2 circles
8 30	300 metres	Under 15 and above fastest graded heat first
8 40	400mtrs	Under 17 and above fastest graded heat first
	Note	All Timings are approximate, please listen for announcements

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 and they are LIMITED to THREE 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

NO ATHLETE may 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 30 minutes before event and NO LATER than 7 30PM