



**Ayrshire Harriers Clubs Association**  
**Open Graded Meeting Sunday 2nd April 2023**  
**Promoted by Kilmarnock Harrier & AC**  
**Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF**



TRACK			FIELD		
Time	Event	Comments	Time	Event	Comments
11:00	Hurdles * <sup>1</sup>	Under 13 to Seniors	11:00	High Jump	Pool 1 Starting Height - 1.12 metres
			11:00	Long Jump * <sup>2</sup>	Under 11 Girls and Boys 2 Pits - 20 in each max
			11:15	Javelin * <sup>2</sup>	U17 plus, Seniors Men & Women maximum 25
12:00	100 metres	12 Heats Maximum Fastest goes first * <sup>3</sup>			
			12:30	Javelin * <sup>2</sup>	Under 13 & 15 Boys and Girls Maximum 25
			12:30	High Jump	Pool 2 Starting Height 1.37 metres
1:05	75 metres	Under 11 Boys and Girls			
	<b>Break</b>	<b>Break</b>	1:15	Long Jump * <sup>2</sup>	Pool 1 - 4 metres plus Maximum 20
1:45	100m	Frame Running/Wheelchair then Ambulant/LD athletes			
2:00	1500m	Under 13s and above 5 heats, fastest first * <sup>3</sup>	2:00	Discus * <sup>2</sup>	All age groups Maximum 20
			2:30	Long Jump * <sup>2</sup>	Pool 2 - Under 4 metres
2:45	600 metres	Under 11 Girls and Boys			
3:00	300 metres	U15 and U17 Girls			
3:15	400 metres	U17 men and above			

\*<sup>1</sup> Hurdles will require at least 6 entries per event entered by Monday 20th March for it to take place

\*<sup>2</sup> 3 attempts only for Throws and Long Jump. 2 practices for all field events

\*<sup>3</sup> Runners who have not entered a PB time will be placed in the last heat

- Entries Open: Monday 6th March      Entries close: Wednesday 29th March or when max reached
- Declarations open: 10.00 am      Declarations close: 1.00 pm      Cost: £5 per event
- All timings are approximate and subject to change. Please listen for announcements.
- U13s and 15s can enter a maximum of 3 events of which only 2 can be track events.

This event is run Under UK Athletics Rules  
And is a **scottish**athletics Licensed Event