



Ayrshire Harriers Clubs' Association Open Graded Meeting 2

Wednesday 14th June 2023

Riverside Sports Arena, University Avenue, Ayr, KA8 2SZ

Hosted by Ayr Seaforth Athletic Club

Track

Field

Time	Event		Time	Event	
6:30pm	3,000m	U17-Senior Mixed	6:30pm	Javelin	U13-Senior Mixed
7:00pm	150m*	U11-Senior Mixed*	6:30pm	Long Jump	Under 11 only
7:45pm	600m	U11-Senior Mixed	6:30pm	Long Jump 1	Under 4m Athletes
8:15pm	300m*	U15-Senior Mixed*	7:15pm	Long Jump 2	Over 4m Athletes
			8:00pm	Shot Put	2 pools

***150m and 300m open to Wheelchair, Frame Runners and Ambulant/LD athletes**

Entries Open: Mon 15th May 2023

Entries close: Thu 8th June 2023

Declarations open: 5:30pm

Declarations close: 6:15pm

Cost: £5 per event

- Open Track will be used for taking entries and processing results.
- All athletes can enter a maximum for 3 events of which only 2 can be track events.
- 3 competition trials and 1 warmup attempt for all field events.
- Long Jump and Shot Put pools split by previous best performance.
- Races will run fastest to slowest. Competitors who have not entered a PB time will be placed in the last heats.
- All timings are approximate and subject to change. Please listen for announcements.

This event is run Under UK Athletics Rules

And is a scottishathletics Licensed Event