



**Ayrshire Harriers Clubs Association**  
**Open Graded Meeting Sunday 10<sup>th</sup> APRIL**  
**Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF**  
<http://www.entrycentral.com/ahopen>

TRACK			FIELD		
Time	Event	Comment	Time	Event	Comment
11.00	Hurdles <sup>*1</sup>	Under 13 to Seniors	11.00	High Jump	Pool 1 Starting Height 1.1 metres
			11.00	Shot Putt <sup>*2</sup>	Under 11 Girls and Boys
			11.15	Javelin <sup>*2</sup>	U17 plus, Men & Women
			11.30	Long Jump <sup>*2</sup>	Pool 1 4 metres plus
11.45	100 metres	10 Heats Maximum Fastest first <sup>*3</sup>	11.45	Javelin <sup>*2</sup>	Under 20 / Senior Men & Women
12.30	75 metres	Under 11	12.30	High Jump	Pool 2 Starting Height 1.37 metres
12.45	800 metres	5 Heats Maximum Fastest first <sup>*3</sup>	12.45	Javelin <sup>*2</sup>	Under 15 Girls and Boys
1.05	100 metres	Race Running (Frame) & LD athletes			
			1.15	Long Jump <sup>*2</sup>	Pool 2 Under 4 metres
1.45	400 metres	Race Running (Frame) & LD athletes			
1.50	1500 metres	3 Heats Maximum Fastest first <sup>*3</sup>			
			2.00	Javelin <sup>*2</sup>	Under 13 Girls and Boys
2.15	600 metres	Under 11 Girls and Boys			
2.30	300 metres	All U15s and U17 Girls			
2.45	400 metres	U17 men and above	2.45	Long Jump <sup>*2</sup>	Under 11 Girls and Boys
3.30	Relays <sup>*4</sup>	Under 13 and above			

<sup>\*1</sup> Hurdles will require at least 4 entries per event by Friday 1<sup>st</sup> April to take place

<sup>\*2</sup> 3 attempts only

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

<sup>\*3</sup> Relay entries will be taken on the day and require 4 teams per age group to take place. U17 plus will be mixed teams of 2 male and 2 female runners

Cost : £4 per event

Closing date for entries : Wednesday 6<sup>th</sup> April

Declarations open : 10.00 am

Declarations close : 1.00 pm

All timings are approximate and subject to change. Please listen for announcements

There is a separate competition for U11. U11s can only enter 3 out of 4 events

U13s can enter a maximum of 3 event (excluding relays) of which only 2 can be track events  
Under 13 and Under 15 CANNOT enter both the 800m and the 1500m

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