

AYRSHIRE HARRIER CLUBS ASSOCIATION  
**OPEN TRACK & FIELD MEETING**  
**Ayrshire Athletics Arena**  
**Kilmarnock**  
**Wednesday 10<sup>th</sup> June 2015 6.30 pm Start**

**Provisional**

Officials/ helpers should sign in at registration from 5:30pm

Timetable : All times are approximate and subject to change. .

Time Approx	REG closes	Track Event	U11 B	U11 G	U13 B	U13 G	U15B	U15G	U17 M	U17 W	SM All	SW All
18.45	18.15	600m	Y	Y								
19.00	18.30	***200/150m	150 m	150 m	200	200	200	200	200	200	200	200
20.00	19.30	800			800	800	800	800	800	800	800	800
20.30	19.30	3000m							Y	Y	Y	Y
Time		Field Events	U11 B	U11 G	U13 B	U13 G	U15B	U15G	U17 M	U17 W	SM All	SW All
18.30	18.00	Pole Vault			Y	Y	Y	Y	Y	Y	Y	Y
19.00	18.30	Long Jump	Y	Y			Y	Y	Y	Y	Y	Y
19.00	18.30	Shot			Y	Y	Y	Y	Y	Y	Y	Y
19.30	19.00	High Jump	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
20.15	19.30	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**

\*\*\* 200/150m will start with seniors descending in order finishing with u/11's 150m

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**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 2015. 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 any event exceeding 1500M
4. U11, U13 and U15 athletes may not compete in more than one race of 600M or over on the same day
5. Registration will open at 5.45pm. Entries up until 7.30pm will close 30 minutes before event start time. **All entries will close at 7.30pm.**
6. U17 and below will be awarded medals for place finishing.
7. All competitors will receive 3 attempts at horizontal jumps & throwing events. Further attempts are at the Field Referee's discretion.
8. U11, U13, U15 and U17 athletes may not compete in more than **3 events** on the same day
9. Junior age groups are based on age at 1<sup>st</sup> September 2015
10. **Entry Fee is £3 for one event £5 for 2 or more events for U17 and below (maximum 3).**

**Seniors/Vets/U20's £3 per event**