

AYRSHIRE CHAMPIONSHIPS

SUNDAY 8TH MAY AT DAM PARK STADIUM

TRACK

Time

10:30am - U17+ 3000m
10:50am - U13/U15 1500m
11:00am - U17+ 1500m
11:10am - U11G 600m
11:15am - U11B 600m
11:25am - U17M 100m H
11:30am - U15B 80m H
11:40am - U17W 80m H
11:50am - U13B 75m H
11:55am - U15G 75m H
12:05pm - U13G 70m H
12:15pm - RaceRunner/LD 80m
12:25pm - U11G 150m
Jump
12:30pm - U11B 150m
12:35pm - U13G 200m
12:45pm - U13B 200m
12:55pm - U15G 200m
13:05pm - U15B 200m
13:15pm - U17W+ 200m
13:20pm - U17M+ 200m
13:25pm - RaceRunner/LD 400m
13:35pm - 200m FINALS
13:55pm - U17+ 800m
14:05pm - U15G 800m
14:15pm - U15B 800m
14:25pm - U13G 800m
14:35pm - U13B 800m
14:45pm - U11G 80m
14:55pm - U11B 80m
15:05pm - U13G 100m
15:20pm - U13B 100m
15:35pm - U15G 100m
15:50pm - U15B 100m
16:00pm - U17W+ 100m
16:10pm - U17M+ 100m
16:20pm - U15G/U15B/U17W 300m
16:40pm - U17M 400m
16:50pm 80m & 100m FINALS

FIELD

Time

11:00am - U13B/U13G Long Jump
All age groups Javlin
U11G/U11B Shot Putt

11:30am - U15G/U15B Shot Putt
Club Throw

12:00pm - U15B/U15G Long jump
U11G&B U13G&B High

U17W/U17M Shot Putt

12:30pm - Discus All Age Groups
U13B/U13G Shot Putt

13:00pm - U11B&G Long Jump
U15G/U17W High Jump

13:45pm - U15B/U17M High Jump
Hammer Throw All Age Groups

14:25pm - U17W/U17M Long Jump

15:00pm - Triple Jump All Age
Groups