AYRSHIRE ATHLETICS CHAMPIONSHIPS SUNDAY 23rd JULY AYRSHIRE ATHLETICS ARENA

Presented by KilmarnocK Harriers and East Ayrshire Leisure for Ayrshire Harriers

Timetable

TRACK FIELD

11am Hurdles 11am U13 Girls & Boys High Jump one event

1130 U11 Girls 80mtrs 11am U15 Girls & Boys Long Jump 2 pits

11 45 U11 Boys 100mtrs 12 00 U11 Girls & Boys Shot Putt 2 circles

12 00 U13 Girls 100mtrs 12 45 U13 Girls & Boys Shot Putt 2 circles

12 15 U13 Boys 100mtrs 13 00 U15 Girls & Boys High Jump one event

12 30 U15 Girls 100mtrs 13 00 U17 Girls & Boys & Senior Men & Women Long Jump

12 40 U15Boys 100mtrs 14 00 U17 Girls & Boys & Senior Men & Women Shot Putt

12 50 U17 Girls & Boys 100mtrs 14 00 U13 Girls & Boys Long Jump 2 pits

12 55 Senior Men & Women 100mtrs 14 30 U17 Girls & Boys &Senior Men & Women High Jump

13 00 RR and LD athletes 100mtrs 14 45 U11 Girls & Boys Long Jump 2 pits

13 10 U17 Girls and Senior Women 800mtrs 14 45 U15 Girls & Boys Shot Putt 2 circles

13 15 U17 Boys and Senior Men 800mtrs

13 20 RR AND LD ATHLETES 400MTRS

13 25 U15 Girls 800mtrs

13 30 U15 Boys 800mtrs

13 35 U13 Girls 800mtrs

13 40 U13 Boys 800mtrs

13 50 U11 Girls 600mtrs

14 00 U11 Boys 600mtrs

14 10 U13 Girls 200mtrs

14 20 U13 Boys 200mtrs

14 30 U15 Girls 200mtrs

14 40 U15 Boys 200mtrs

14 50 U17 Girls & Senior Women 200mtrs

14 55 U17 Boys & Senior Men 200mtrs

15 00 U11 Girls 150mtrs

15 10 U11 Boys 150mtrs

15 20 U13 Girls 1200mtrs

15 25 U13 Boys 1500mtrs

15 35 U15 Girls 1500mtrs

15 40 U15 Boys 1500mtrs

15 45 U17 Girls & Senior Women 1500mtrs

15 55 U17 Boys & Senior Men 1500mtrs

16 00 300mtrs U15 Girls

16 05 300mtrs U15 Boys

16 10 300mtrs U17 Girls

16 15 400mtrs U17 Boys & Senior Men & Women

16 20 4 x100 mtrs U11 Girls & Boys Relay

16 25 4 x100mtrs U13 Girls & Boys Relay

16 30 4 x100 mtrs U15 Girls & Boys Relay

16 30 4 x100 mtrs U17 Girls & Boys & Senior Men & Women Relay

Notes Hurdles races will only take place if a minimum of 6 entries are received by NOON Thursday 13th July

Under 15 and below can NOT do the 800mtrs and the 1500mtrs

Under 17 and below Maximum of 3 events plus Relays

Under 11 Maximum of 3 events of which Only 2 can be Track events plus Relay s

Entries to online-entries.co.uk

Entries close NOON on Friday 21st July

NO ENTRIES ON THE DAY

COST £6 per entry maximum of 3 events plus Relay

Relays will be ONE TEAM per club U17 and Seniors team will be combined

All Times are Approximate