



AYRSHIRE ATHLETICS CHAMPIONSHIPS

SUNDAY 28th JULY 2019 - DAM PARK STADIUM, AYR

PRESENTED BY AYR SEAFORTH AC FOR AYRSHIRE HARRIERS

TIMETABLE

TRACK

11.00 HURDLES	14.20 U13 BOYS 200m
11.30 U11 GIRLS 80m	14.30 U15 GIRLS 200m
11.45 U11 BOYS 80m	14.40 U15 BOYS 200m
12.00 U13 GIRLS 100m	14.50 U17 GIRLS & SENIOR WOMEN 200m
12.15 U13 BOYS 100m	14.55 U17 BOYS & SENIOR MEN 200m
12.30 U15 GIRLS 100m	15.00 U11 GIRLS 150m
12.40 U15 BOYS 100m	15.10 U11 BOYS 150m
12.50 U17 GIRLS & BOYS 100m	15.20 U13 GIRLS 1200m
12.55 SENIOR MEN & WOMEN 100m	15.25 U13 BOYS 1500m
13.00 RR & LD ATHLETES 100m	15.35 U15 GIRLS 1500m
13.10 U17 GIRLS & SENIOR WOMEN 800m	15.40 U15 BOYS AND U17 BOYS 1500m
13.15 U17 BOYS & SENIOR MEN 800m	15.45 U17 GIRLS & SENIOR WOMEN 1500m
13.20 RR & LD ATHLETES 400m	15.55 SENIOR MEN MILE
13.25 U15 GIRLS 800m	16.05 U15 GIRLS 300m
13.30 U15 BOYS 800m	16.10 U15 BOYS 300m
13.35 U13 GIRLS 800m	16.15 U17 GIRLS 300m
13.40 U13 BOYS 800m	16.20 U17 BOYS & SENIEMEN/WOMEN 400m
13.50 U11 GIRLS 600m	16.25 U11 GIRLS/BOYS 4 x 100m RELAY
14.00 U11 BOYS 600m	16.30 U13 GIRLS/BOYS 4 x 100m RELAY
14.10 U13 GIRLS 200m	16.35 U15 GIRLS/BOYS 4 x 100m RELAY
	16.35 U17 GIRLS/BOYS & SENIOR MEN/WOMEN 4 x 100m RELAY

FIELD

- 11.00 U13 GIRLS & BOYS HIGH JUMP – ONE EVENT
U17 & SENIOR WOMEN JAVELIN
- 12.00 U15 GIRLS & BOYS HIGH JUMP
U17 & SENIOR MEN JAVELIN
- 13.00 U17 GIRLS/BOYS & SENIOR MEN/WOMEN HIGH JUMP
U13 BOYS & GIRLS JAVELIN
- 14.00 U13 GIRLS & BOYS SHOT PUTT
- 14.00 U15 GIRLS & BOYS LONG JUMP (2 PITS)
- 15.00 U17 GIRLS/BOYS & SENIOR MEN/WOMEN SHOT PUTT
U15 BOYS & GIRLS JAVELIN
- 15.00 U13 GIRLS & BOYS LONG JUMP (2 PITS)
- 16.00 U15 GIRLS & BOYS SHOT PUTT
- 16.00 U17 GIRLS/BOYS & SENIOR MEN/WOMEN LONG JUMP

- NOTE HURDLES RACES WILL ONLY TAKE PLACE IF A MINIMUM OF 6 ENTRIES ARE RECEIVED BY NOON THURSDAY 12TH JULY
- UNDER 15 AND BELOW CAN **NOT** DO THE 800m **AND** 1500m
- UNDER 17 AND BELOW MAXIMUM OF 3 EVENTS PLUS RELAYS
- UNDER 11 MAXIMUM OF 3 EVENTS OF WHICH ONLY 2 CAN BE TRACK EVENTS INCL. RELAYS
- ENTRIES CAN BE MADE AT <http://www.online-entries.co.uk/>
- ENTRIES CLOSE AT NOON ON WEDNESDAY 24TH JULY
- **NO ENTRIES ON THE DAY**
- COST £7 PER ENTRY, MAXIMUM OF 3 EVENTS PLUS RELAYS
- RELAYS WILL BE **ONE TEAM PER CLUB/PER GENDER/PER AGE GROUP** – U17 AND SENIORS WILL BE COMBINED
- ALL TIMES ARE APPROXIMATE