



Founded 1904

**GREAT WEST OPEN – KEN TRICKEY MEMORIAL 2026
SATURDAY 18th APRIL 2026 at Exeter Arena**

Held under UKA Competition Rules

FINAL TIMETABLE

Times are approximate, please report at least 5 mins before scheduled time.

For medals:

Given to 1st, 2nd, 3rd in all events

The **U20M** and **SM** count as one age group except for hurdles and throws.

The **U20W** and **SW** count as one age group.

U10 Funetics Quadrathlon – 50m sprint, 400m, Long Jump, Howler Javelin

TRACK EVENTS (APPROX TIMES)

10.45	70mH (68.5cm) U12G
10.50	800m U14G, U14B
10.55	75mH (68.5cm) U12B 75mH (68.5cm) U14G
11.05	800m U18W, U20W, SW
11.10	80mH (76.2cm) U16G 80mH (76.2cm) U14B
11.25	800m U18M, U20M, SM
11.35	100mH (76.2cm) U18W 100mH (84.0cm) U16B, M60
11.45	800m U16G, U16B
11.50	110mH (99.1cm) U20M
12.00	50m U10 Quadrathlon
12.10	75m U12G, U12B
12.20	100m U14G, U14B 100m U16G, U16B 100m U18W, U18M 100m U20W, SW 100m U20M, SM
12.50	3000m U16, U18, U20, SEN Male & Female

LUNCH BREAK

13:10 to 13:40

1.40	400mH (91.4cm) U20M, SM 400mH (84.0cm) U18M 400mH (76.2cm) U18W, U20W, SW
1.50	300mH (76.2cm) U16W, M60
1.55	200mH (76.2cm) U14B 200mH (68.5cm) U14G
2.15	400m U18M, U20M, SM 400m U18W, U20W, SW
2.30	400m U10 Quadrathlon
2.40	300m U16G, U16B
2.50	600m U12G, U12B
3.00	1500m U14G, U16G, U18W, U20W, SW
3.10	1500m U14B, U16B
3.20	1500m U18M, U20M, SM
3.30	150m U12G, U12B
3.40	200m U14G, U14B 200m U16G, U16B 200m U18W, U18M 200m U20W, SW 200m U20M, SM

FIELD EVENTS (APPROX TIMES)

10.15	Hammer – U14, U16, U18, U20, SEN Male & Female
10.15	Long Jump – U16B, U18M, U20M, SM
11.15	Javelin, Female – U14G, U16G, U18W, U20W, SW
11.30	High Jump – U12, U14, U16, U18, U20, SEN Male & Female Opening Height Below 1.35m
11.45	Long Jump – U14G, U16G
12.00	Pole Vault – U14, U16, U18, U20, Sen Male & Female
12.15	Discus, Male – U14B, U16B, U18M, U20M, SM
12.15	Shot, Female – U12G, U14G, U16G, U18G, U20W, SW
12.30	Long Jump – U10 Quadrathlon

LUNCH BREAK

13:10 to 13:40

1.40	Howler Javelin – U10 Quadrathlon
1.45	High Jump – Male and Female - U14, U16, U18, U20, SEN Opening Height 1.35m
2.05	Howler Javelin – U12G, U12B
2.15	Long Jump – U14B, U18W, U20W, SW
2.30	Javelin, Male – U14B, U16B, U18M, U20M, SM
3.00	Long Jump – U12G, U12B
3.00	Triple Jump – U16, U18, U20, SEN Male & Female
3.30	Shot, Male – U12B, U14B, U16B, U18M, U20M, SM
3.30	Discus, Female – U14G, U16G, U18W, U20W, SW

Entry in advance only: <https://exeterharriers.org.uk/calendars/sport-events>

1. **Closing date:** Midnight, Wednesday 15th April 2026.
2. **Age groups:** Ages as on 31st August 2026. Note new age groups for 2026.
3. **Maximum number of events**
 - U10 – Funetics Quadrathlon (Entry includes all 4 events)
 - U12, U14, U16 and U18 3 events
 - U20 5 events
 - SM/SW/Masters No limit
4. **Open Events:** U10 & U12 events will take place in age groups. Track events will be graded where possible.
5. **Field Events:** 4 trials except for HJ and PV