



Evening Open Meeting

Programme – Tuesday 28th July 2026
(Held under UKA Competition Rules)

FINAL Programme

Track

| Time | Event | Age |
|------|--|---------------------|
| 6.00 | Triathlon - 60m Mini Hurdles | U10 |
| 6.10 | 70m Hurdles | U12G |
| 6.15 | 600m | U12 |
| 6.25 | 75m Hurdles | U12B, U14G |
| 6.35 | 100m | U14,U16,U18,U20,SEN |
| 7.05 | 80m Hurdles | U14B, U16G |
| 7.10 | 100m Hurdles | U16B |
| 7.15 | 75m | U12 |
| 7.25 | 800m | U14 |
| 7.30 | Triathlon - 400m | U10 |
| 7.35 | 200m | U14 & Above |
| 8.00 | BMC - 800m & 1500m – see Note 5 | U16 & Above |

Field

Number of trials in Field Events: U10,U12,U14 - 3 trials, U16 & Above – 4 trials

| | | |
|------|----------------------------------|-------------------------|
| 6.00 | Long Jump | U12,U14 |
| 6.10 | Hammer | U12,U14,U16,U18,U20,SEN |
| 6.30 | High Jump – below 1.35m | U12,U14,U16,U18,U20,SEN |
| 6.40 | Triathlon - Long Jump | U10 |
| 7.20 | Long Jump | U16,U18 |
| 7.30 | High Jump – Opening Height 1.35m | U14,U16,U18,U20,SEN |
| 7.30 | Javelin | U12,U14 |
| 8.00 | Long Jump | U20 & Senior |
| 8.00 | Javelin | U16,U18,U20,SEN |

Entry in advance only: <https://exeterharriers.org.uk/e/exeter-evening-open-competitions-15225>

Notes

1. Closing date: **Midnight, Friday July 24th** .
2. **Age groups:** Ages as on 31st August 2026. Note new age groups for 2026.
3. **Maximum of 3 events.**
4. **Entry fee is £14** which is payable through the online entry form.
5. **BMC races:** entry in advance only - www.britishmilersclub.com/entries-for-bmc-races
6. **Open Events:** U12 events will take place in age groups. Track events will be graded where possible.
7. **Under-10s** will be automatically entered in all three events of the U10 **Triathlon**.

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