



Founded 1904

Evening Open Meeting

Programme –Tuesday 29th September 2026

(Held under UKA Competition Rules)

Thanks to everyone who has supported the 2026 Exeter Harriers Evening Open Meetings

Under-10s will be automatically entered into all four events of the Quadrathlon.

All Quadrathlon finishers will receive a certificate

Track Start time of track events are a guideline and will depend on number of entries.

Time	Event	Age
6.00	50m Quadrathlon	U10
6.10	100m	U14 & Above
6.30	150m	U12
6.40	400m Quadrathlon	U10
6.50	800m	U14 & Above
7.00	400m	U18, U20, SEN
7.10	300m	U16 & Above
7:20	600m	U12 & Above
7.30	200m	U14 & Above
7.50	1 Mile	U14 & Above
8.00	10,000m – Devon County Championship	U20 & Above

There are no BMC races in the September Evening Open Meeting

Field Three trials for U10, U12, U14. Four trials for U16 & Above.

6.00	Long Jump	U12, U14
6.15	Howler Javelin Quadrathlon	U10
6.30	High Jump – below 1.35m	U12 & Above
6.50	Shot Putt	U12, U14
7.10	Long Jump Quadrathlon	U10
7.15	Javelin	U12 & Above
7:30	High Jump – Opening Height 1.35m	U14 & Above
7.45	Long Jump	U16 & Above
8.00	Shot Putt	U16, U18, U20, SEN

Notes

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

1. **Closing date:** Midnight, Friday September 25th. No late entries.
2. **Age groups:** Ages as on 31st August 2026. Note new age groups for 2026.
3. **Maximum of 3 events** (except U10 Quadrathlon)
4. **Devon County 10,000m Championship** – must be qualified (birth or resident in Devon) to run, cut-off time 45 minutes. Limited to 20 athletes.
5. **Entry fee is £14** which is payable through the online entry form only. (No BACS, cash or other payments)
6. **Open Events:** U10 & U12 events will take place in age groups. Track events will be graded where possible.

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