Evening Open Meeting

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

Track

Time	Event	Age
6.10	70m Hurdles	U12G
6.15	600m	U12
6.25	75m Hurdles	U12B, U14G
6.35	100m	U14, U16, U18, U20, SEN
7.10	80m Hurdles	U14B, U16W
7.15	75m	U12
7.25	**Triathlon** – 75m	U10
7.35	800m	U14
7.40	300m	U16, U18, U20, SEN
7.50	400m	U18, U20, SEN
8.00	**BMC** - 800m & 1500m - see note 5	U14 & Above (Graded)

Field **Number of trials in Field Events:** U10, U12 and U14 - 3 trials.
U16, U18, U20 and Senior – 4 trials

Time	Event	Age
6.00	Long Jump	U12, U14
6.00	**Triathlon** - Howler Javelin	U10
6.30	**Triathlon** - Long Jump	U10
6.30	High Jump – below 1.35m	U12,U14,U16,U18,U20,SEN
6.30	Javelin	U12, U14
7.00	Javelin	U16,U18,U20,SEN
7.20	Long Jump	U16, U18, U20 SEN
7.30	High Jump – Opening Height 1.35m	U14,U16,U18,U20,SEN
7.40	Shot Putt	U12,U14
8.00	Shot Putt	U16,U18,U20,SEN
8.00	Triple Jump	U16, U18, U20, SEN

Notes

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

1. **Closing date**: Midnight, Friday April 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 - deadline on April 23rd
6. **Open Events**: U10 & U12 events will take place in age groups. Track events will be graded where possible.