



Evening Open Meeting

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

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
7.10	80m Hurdles	U16W, U14B
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	Discus	U12,U14
6.30	High Jump – below 1.35m	U12,U14,U16,U18,U20,SEN
6.40	Triathlon - Long Jump	U10
6.50	Discus	U16,U18,U20,SEN
7.20	Long Jump	U16,U18
7.30	High Jump – Opening Height 1.35m	U14,U16,U18,U20,SEN
7.30	Shot Putt	U12,U14
8.00	Long Jump	U20 & Senior
8.00	Shot Putt	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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