



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
6.10	75m Quadrathlon	U10
6.25	100m	U12 & Above
6.50	800m	U12 & Above
7.10	400m Quadrathlon	U10
7.15	400m	U16M, U18, U20, SEN
7.25	300m	U14 & Above
7.35	600m	U12 & Above
7.55	200m	U12 & Above
8.10	1 Mile	U12 & Above
8.20	3000m	U14 & 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
6.20	Howler Javelin Quadrathlon	U10
6.40	Long Jump Quadrathlon	U10
6.50	Shot Putt	U12, U14
7.00	High Jump – below 1.35m	U12 & Above
7.15	Long Jump	U16 & Above
7.15	Javelin	U12 & Above
7.30	High Jump – Opening Height 1.35m	U12 & Above
7.45	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. **Entry fee is £14** which is payable through the online entry form only. (No BACS, cash or other payments)
5. **Open Events:** U10 & U12 events will take place in age groups. Track events will be graded where possible. Please be prepared to give your expected time for the event.

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