



Evening Open Meeting

Programme –Tuesday 30th September 2025
(Held under UKA Competition Rules)

Thanks to everyone who has supported the 2025 Exeter Harriers Evening Open Meetings

Revised Programme

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

Time	Event	Age
6.10	75m	U11
6.25	100m	U13 & Above
6.50	800m	U13 & Above
7.10	400m	U17M, U20 & Above
7.20	300m	U15 & Above
7.30	600m	U11
7.35	600m	U13 & Above
7.45	150m	U11
7.55	200m	U13 & Above
8.10	1 Mile	U13 & Above
8.20	3000m	U15 & Above

There are no BMC races in the September Evening Open Meeting

Field Three trials for U11 and U13. Four trials for U15 & Above.

6.20	Turbo Javelin	U11
6.30	Long Jump	U11 & U13
6.50	Shot (U11 2kg)	U11 & U13
7.00	High Jump	U13 & Above
7.15	Long Jump	U15 & Above
7.15	Javelin	U13 & Above
7.45	Shot	U15 & Above

Notes

Entry in advance only: <https://exeterharriers.org.uk/e/exeter-evening-open-competitions-9000>

1. **Closing date:** Midnight, Sunday September 28th. No late entries.
2. **Age groups:** Ages as on 31st August 2025
3. **Maximum of 3 events.**
4. **Entry fee is £13** which is payable through the online entry form only. (No BACS, cash or other payments)
5. **Open Events:** U11 & U13 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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