



# HAVERING A.C. DAVE NAYLOR MEMORIAL OPEN

on Sunday 29<sup>th</sup> March 2026

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX

(UKA Level 1 Licence OUT 26/073. Under UKA Rules)

## FINAL TIMETABLE

### TRACK (with photo finish / electrical timing)

11.15 a.m.	300m hurdles	T1 U16, U18, U20 & Senior Men & Women (4 races)
11.45 a.m.	100m	T2: U14 & U16 Girls & Boys (13 races)
12.40 p.m.	100m	T3: U18, U20 & Senior Men & Women (4 races)
1.00 p.m.	1500m	T4: U14 & U16 Girls & Boys. Under 18 Women. (3 races)
1.25 p.m.	1500m	T5: U18, U20 & Senior Men (1 race)
1.40 p.m.	300m	T6: U16 Girls & Boys (2 races)
2.00 p.m.	400m	T7: U18, U20 & Senior Men & Women (2 races)
2.20 p.m.	Sprint Hurdles	T8: All age groups – U14s and above (5 races)
2.55 p.m.	Sprint Hurdles	T9: All age groups – U18s and above (1 race)
3.15 p.m.	200m	T10: U14 & U16 Girls & Boys (8 races)
3.55 p.m.	200m	T11: U18, U20 & Senior Men & Women (4 races)
4.25 p.m.	800m	T12: U14 & U16 Girls & Boys (4 races)
4.45 p.m.	800m	T13: U18, U20 & Senior Men & Women (1 race)

### FIELD

11.00 a.m.	F1: Hammer	All age groups – U14s and above
11.00 a.m.	F2: Long Jump	Pool 1 – Under 14s and Under 16s
12.00 p.m.	F3: Shot Put	All age groups – U14s and above
<del>12.00 p.m.</del>	<del>F4: Pole Vault</del>	<del>All age groups – U14s and above</del> <b>CANCELLED</b>
1.00 p.m.	F5: Discus	All age groups – U14s and above
1.00 p.m.	F6: Long Jump	Pool 2 – Under 18s and above
2.00 p.m.	F7: High Jump	Pool 1 – PBs under 1.40m
2.15 p.m.	F8: Javelin	Pool 1 – Under 14s and Under 16s
3.00 p.m.	F9: Triple Jump	U16s and above
3.30 p.m.	F10: Javelin	Pool 2 – Under 18s and above
3.30 p.m.	F11: High Jump	Pool 2 – PBs 1.40m and above

### PLEASE NOTE:

All entrants shall be deemed to have made themselves familiar with, and agreed to be bound by, the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of athletics, for 12 months from the meeting date 29<sup>th</sup> March 2026, whether or not the entrant is a citizen of, or resident in, the UK.

All arrangements will be in line with England Athletics Competition Guidance which may apply on the meeting date.

Throws and horizontal jumps – **FOUR** trials per athlete.

Changes to the original draft timetable are shown in **red**.

Track races have generally been seeded within specific age groups but where necessary some races have been combined ages and genders and seeded based on performance. This mainly applies to track races for Under 17s and above.

For track events (apart from hurdles, 800m & 1500m) – female races are usually held first in each age group, then male.

Under 14s and Under 16s may only compete in either 800m or 1500m, but not both.

Track results will be posted live online. A QR Code link will be available on the day.

**NO LATE OR ON THE DAY ENTRIES.**

**NO REFUNDS WILL BE MADE UNLESS ANY EVENT IS CANCELLED BY HAVERING AC**